



**चौ. ईश्वर सिंह कन्या महाविद्यालय  
ढाण्ड-डडवाना (कैथल)**

**रसिका**

**2023-24**



# मैं-एक मंदिर

जब कभी मैं मंदिर के बारे में सोचता हूँ तो यही ज़हन में आता है कि यह एक उपासना स्थल है, आराधना स्थल है और पूजा, अर्चना के लिए निश्चित की हुई एक स्थली है। इसे हम एक मंदिर कहें या देव स्थान कहें एक ही बात है। मंदिर का अर्थ है घर अर्थात् जहाँ देव निवास करते हैं यानी 'देवघर'। परंतु जब मैं अपने बारे में चिंतन करता हूँ तो अनायास ही एहसास होता है कि मैं भी तो एक मंदिर हूँ, एक आलय हूँ- मैं हूँ शिक्षा का मंदिर, विद्या का घर या यूँ कहिए कि अपने परिचय में मैं स्वयं को एक विद्यालय कहना पसंद करूंगा। जी हाँ यही मेरा सटीक परिचय है।



**डॉ० विनीता**  
प्रधान सम्पादिका

मैं विद्यालय का बड़ा भाई महाविद्यालय हूँ। मैं 31 मार्च 1993 को कैथल जिले के एक गांव ढाण्ड में अस्तित्व में आया और मुझे नाम दिया गया 'कन्या महाविद्यालय'। मेरे अभिभावक हैं पूजनीय चौधरी ईश्वर सिंह जी जो कि हरियाणा विधानसभा के स्पीकर रह चुके हैं। मैंने अपने शैशव के 3 वर्ष एक धर्मशाला में बिताए। इस धर्मशाला ने मेरे 'पालने' का काम किया। जाहिर सी बात है कि कौतूहल वश कुछ किशोरियां मेरे शैशव को देखने आईं और मेरी ही होकर रह गईं। उनकी आँखों में भविष्य के सपने थे और मन में अथाह उमंग। मैंने भी शैशव के करिश्मे दिखाए और उनकी पतंग में डोर बन गया।

तत्पश्चात चौधरी साहब के अश्रांत प्रयासों से मुझे अपना भव्य भवन मिला जिसकी आधारशिला हरियाणा के तत्कालीन मुख्यमंत्री चौधरी भजनलाल जी के कर कमलों द्वारा रखी गई। चौधरी ईश्वर सिंह जी के आदर्शों एवं मूल्यों का अनुगमन करते हुए मैं उत्तरोत्तर प्रगति के पथ पर उदीयमान होने लगा। लेकिन तभी नियति ने मुझे एक झटका दे दिया और मेरे अभिभावक चौधरी ईश्वर सिंह जी को भगवान ने अपने धाम बुला लिया। मेरे उद्विग्न मन को तब जा के सुकून मिला जब मेरा नाम बदलकर उस पुण्य आत्मा के नाम पर 'चौधरी ईश्वर सिंह कन्या महाविद्यालय' रख दिया गया। अब मैं इसी नाम से जाना जाता हूँ। अब मैं जवान भी हो गया हूँ। मेरा सानिध्य पाकर अनेकों युवतियां अपने-अपने सपनों का संसार चुनकर सफलता की ऊंचाइयां छू रही हैं। उनकी सफल उड़ान ही तो मेरी मुस्कान है। उनके सपनों के पंखों को उड़ान देने में मैंने कोई कसर नहीं छोड़ी। विस्तार किया अपना। प्रारंभ में मैं केवल दो संकायों - कला एवं वाणिज्य तक ही सीमित था। परंतु मैं भी ग्रामवासिनी भारत माता की सर्वोच्च संतान हूँ। सुमित्रानंदन पंत जी ने भारत माता को व्यर्थ में ही ग्रामवासिनी नहीं कहा है। मैं उसी वीर प्रसूता शस्य श्यामला भारत माँ का पुत्र हूँ। मैंने भी ठान लिया है कि निरंतर प्रगति के पथ पर बढ़ना है। इसीलिए अपने आयामों को विस्तार देते हुए पी जी डी सी ए, एम ए अंग्रेज़ी, बी एस सी नॉन मेडिकल एवं एम कॉम कोर्स भी मैंने अपने में शामिल कर लिए। परंतु रुकना मेरा काम नहीं है। अभी तो मैं क्षितिज तक प्रसार करूंगा। आने वाले सत्र में मेरी प्यारी छात्राओं को एम ए इतिहास में अपने सपने पूरा करने का अवसर दे रहा हूँ। झपट लेना इस अवसर को। अपने युवामन की इच्छा को भरपूर उड़ान देना। बी ए में भी शारीरिक शिक्षा विषय केवल तुम्हारी सुविधा के लिए ही लेकर आ रहा हूँ। इस विषय को लेकर खेलों में कुशल नेतृत्व की ओर अग्रसर होना। एक लक्ष्य साधना और शीर्ष बिंदु को छूना। मैं तुम्हारा संबल हूँ। डगमगाने नहीं दूंगा। कर्मरत रहना। शिक्षा हमें कर्मरत रहना ही तो सिखाती है। गीता में स्वयं भगवान श्री कृष्ण ने कहा है- कर्म ही पूजा है।

महाविद्यालय तो एक कर्म स्थली ही है ना, जहाँ शिक्षा को पूजा जाता है। तो हुआ ना

मैं एक मंदिर। अब मैं ही नहीं,



## **Ch. Ishwar Singh Ji**

**05-11-1926 to 11-02-1998**

**Ex. Speaker, Haryana Vidhan Sabha**

*Founder of the College*

*A Man of Indomitable Courage*

*A Visionary worth emulating*

*A Paragon of Virtues*

*A Heart of Pure Gold*

नायब सिंह सैनी  
Nayab Singh Saini



मुख्य मन्त्री, हरियाणा  
चण्डीगढ़।  
CHIEF MINISTER, HARYANA  
CHANDIGARH



## संदेश

मुझे यह जानकर अति प्रसन्नता हुई कि चौधरी ईश्वर सिंह कन्या महाविद्यालय ढाण्ड-डडवाना, जिला कैथल पत्रिका “रसिका” प्रकाशित करने जा रहा है। यह महाविद्यालय 30 वर्षों से पिछड़े ग्रामीण क्षेत्र की छात्राओं को शिक्षा प्रदान करने में अपनी महत्वपूर्ण भूमिका निभा रहा है और हमारे देश के यशस्वी प्रधानमंत्री श्री नरेन्द्र दामोदर दास मोदी जी द्वारा “बेटी बचाओ, बेटी पढ़ाओ” चलाए अभियान को सफल बनाने में अपना अहम योगदान दे रहा है, जो अति सराहनीय कार्य है। मुझे पूर्ण आशा है कि इस पत्रिका के माध्यम से इस क्षेत्र की छात्राओं में शिक्षा के प्रति रुचि व उत्साह बढ़ेगा और समाज में एक अच्छा संदेश जायेगा। मैं उम्मीद करता हूँ कि इस पत्रिका में महाविद्यालय के संगठनात्मक एवम उत्कृष्ट कार्यों की विस्तृत जानकारी दी जायेगी ताकि अधिक से अधिक छात्राएं उनका लाभ उठा सकें।

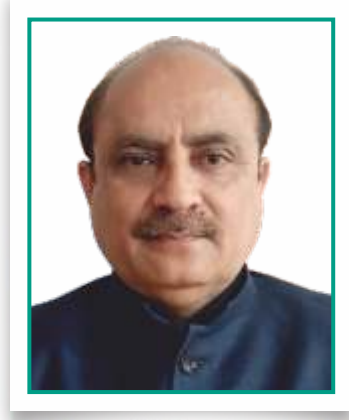
मैं, चौधरी ईश्वर सिंह कन्या महाविद्यालय ढाण्ड-डडवाना के सभी पदाधिकारियों, कार्यकारिणी समिति सदस्यों, अध्यापकगण व समस्त विद्यार्थियों को इस पत्रिका के सफल प्रकाशन की हार्दिक शुभकामनाएँ देता हूँ।

(नायब सिंह सैनी)

प्रो. सोमनाथ  
कुलपति



कुरुक्षेत्र विश्वविद्यालय,  
कुरुक्षेत्र - 136119 (भारत)  
(राज्य विधान सभा के एक्ट XII द्वारा 1956 से स्थापित)  
(A++ ग्रेड, नैक प्रत्यायित)



## संदेश

मेरे लिए यह बेहद प्रसन्नता का विषय है कि चौधरी ईश्वर सिंह कन्या महाविद्यालय, ढांड-डडवाना, कैथल की पत्रिका 'रसिका' का प्रकाशन शीघ्र होने जा रहा है। पत्रिका के प्रकाशन से विद्यार्थियों में लेखन के प्रति रूचि उत्पन्न होती है और उन्हें अपने विचारों की अभिव्यक्ति के लिए एक सशक्त मंच मिलता है। रचनात्मक योग्यता को निखारने में पत्रिकाएं अपनी महत्वपूर्ण भूमिका निभाती हैं।

युवा पीढ़ी को रचनात्मकता की ओर प्रोत्साहित कर पत्रिका विद्यार्थियों को अपने विचारों एवं उदगारों को लेखनीबद्ध करते हुए दूसरे साथियों तक पहुंचाने में सक्षम होती है। शिक्षा और अध्ययन के क्षेत्र में जो परिवर्तन आज दिखाई दे रहा है उसे पहचानने की जरूरत है। समय को पहचानने के लिए जिस विवेकशील दृष्टि की आवश्यकता होती है उसे विद्यार्थियों की पत्रिका में छपे लेखों में सहज ही ढूंढा जा सकता है।

सृजनात्मक उर्जा, कल्पनाशीलता और लेखन शैली का उद्बुद्ध करने का 'रसिका' का समग्र कार्यक्रम एक सफल प्रयास समझा जाना चाहिए। मैं पत्रिका के सफल प्रकाशन हेतु अपनी हार्दिक शुभकामनाएं प्रेषित करता हूं।

(सोमनाथ)

प्रो. संजीव शर्मा  
कुलसचिव



कुरुक्षेत्र विश्वविद्यालय,  
कुरुक्षेत्र - 136119 (भारत)  
(राज्य विधान सभा के एक्ट XII द्वारा 1956 से स्थापित)  
(A++ ग्रेड, नैक प्रत्यायित)



## संदेश

यह बहुत ही खुशी की बात है कि वार्षिक पत्रिका 'रसिका' का प्रकाशन चौधरी ईश्वर सिंह कन्या महाविद्यालय, ढांड-डडवाना, कैथल करने जा रहा है।

इस पत्रिका के माध्यम से छात्राओं की रचनात्मक योग्यता को संजोना निश्चित तौर पर एक सकारात्मक कदम है। इसके द्वारा विद्यार्थी अपनी लेखकीय क्षमता, बौद्धिक सामर्थ्य व कल्पनाशीलता को प्रदर्शित करते हैं। यह पत्रिका उनकी रचनात्मक योग्यता को निखारने में अपनी महत्वपूर्ण भूमिका निभाती हैं। मेरा विश्वास है कि 'रसिका' पत्रिका अपने उद्देश्य में अवश्य सफल होगी।

मैं पत्रिका के प्रकाशन से जुड़े सभी लोगों को अपनी शुभकामनाएं प्रेषित करता हूँ। विशेषतः विद्यार्थियों के उज्ज्वल भविष्य की कामना करता हूँ।

(संजीव शर्मा)

**PROF. ANIL VOHRA**  
DEAN OF COLLEGES



**Kurukshetra University,**  
**Kurukshetra -136 119 (INDIA)**  
(Established by the  
State Legislature Act XII of 1956)  
(A++ Grade, NAAC Accredited)



## Message

*It gives me a great pleasure to know that Ch. Ishwar Singh Kanya Mahavidyalaya, Dhand-Dadwana (Kaithal) is bringing out its College Magazine 'Rasika'.*

*A College Magazine is the platform of motivation for students and faculty to express their creativity. The Ch. Ishwar Singh Kanya Mahavidyalaya, Dhand-Dadwana (Kaithal) has been doing a commendable job of motivating young talents and supporting their creativity. Such activities will help to groom their talent and skills to the best.*

*I wish the students of the college will utilize all the educational opportunities provided by the college for their holistic development. I am sure that the college will educate and train its students to be the leaders in the corporate world, the sports field or an area of their interest.*

*I convey my good wishes to the students, teachers and college management for the success of their venture.*

*(Prof. Anil Vohra)*

**CH. TEJVIR SINGH**

President, Management Committee  
Ex. MLA, Pundri



**Ch. Ishwar Singh Kanya Mahavidyalaya**  
Dhand-Dadwana



## *Message*

*It gives me an immense pleasure to know that our college compiles another edition of college magazine "Rasika" to reflect its accomplishments in its curricular and extracurricular domains. I am filled with immense pride and gratitude for the vibrant college family that shapes our institution by providing a perfect atmosphere for nurturing talent, cultivating skills and maintaining values of life.*

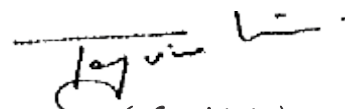
*Our esteemed magazine serves as a testament to the incredible talent and diversity of interests that immensely exist in our students. From thought-provoking articles to captivating artwork, poetry and achievements, each contribution enriches our collective experience that makes our college magazine truly exceptional.*

*As I reflect on the past year, I am continually encouraged by the resilience, creativity, and dedication of the Principal Dr. Sangeeta Sharma, faculty, non-teaching staff and students that define our institution. Despite the challenges, all of you continue to demonstrate extraordinary hard work and passion for making a difference in the environment of the college. Together, we have the power to shape a brighter tomorrow and create positive change in the world around us.*

*I extend my heartfelt appreciation to the Chief Editor Dr. Vineeta, magazine committee and all those involved in bringing this magazine to life. Your dedication and hard work are truly commendable.*

*Thank you for your continued support and commitment to our college's vision and mission.*

*Warm Regards,*

  
(Ch. Tejvir)



**DR. SANGEETA SHARMA**  
PRINCIPAL



**Ch. Ishwar Singh Kanya Mahavidyalaya**  
Dhand-Dadwana



## *Message*

*It is with great pleasure and pride that I extend my warm greetings to everyone associated with our esteemed institution. As we compile the pages of our college magazine, we reflect upon the rich legacy and the vision that has guided us through the years.*

*Our college, a premier educational institution exclusively for women, affiliated to Kurukshetra University, Kurukshetra, established by our visionary leader late Ch. Ishwar Singh Ji, Ex-speaker, Haryana Vidhan Sabha with a noble mission to disseminate quality education to women in educationally starved remote regions, particularly in the village of Dhand, stands as a beacon of hope & opportunity to achieve success in a rapidly changing deeply connected world.*

*The college having its own lush green campus with all the facilities required, has come a long way from those early years. Under the great leadership of a generous and visionary president, Ch. Tejvir Singh Ji & Hon'ble members of Governing Body whose unwavering support for the college has been crucial in all endeavours.*

*In our College magazine "Rasika", you will find stories of determination, academic excellence and the vibrant spirit of our college community. From academic achievements to cultural milestones, from sports triumphs to social initiatives, each page speaks volume about our collective journey towards growth and success. As we celebrate our past-achievements and look forward to new horizons, let us remember that every milestone we reach is a testament to our dedication and commitment to education, empowerment, and social change. I encourage everyone to make the most of this platform to share your experiences, insights and aspirations.*

*I extend my heartfelt gratitude to the entire editorial team, contributors and everyone involved in bringing this magazine to life. Your efforts ensure that our college's story is told with passion and authenticity. Together, let us continue to uphold the values of excellence, inclusivity and progress that define our college's identity.*

*Best wishes for a successful and fulfilling academic year ahead!*

*Warm regards.*

  
(Dr. Sangeeta Sharma)

# VISION



To provide accessible, affordable and qualitative education to girls of rural area and bring them into the mainstream of national development.

# MISSION



- ❖ To impart education which can cater the demands of globalization.
- ❖ To groom personality of students through extra curricular activities.
- ❖ To make them self-reliant by having their skills.
- ❖ To instill ethical values by arranging expert talks.
- ❖ To awaken the students for shouldering social responsibilities.

## PRESIDENTS OF GOVERNING BODY 1993 to Date



**Ch. Ishwar Singh**  
31-03-1993 to 11-02-1998



**Sh. Mahavir Singh**  
12-02-1998 to 19-08-2000



**Ch. Tejvir Singh**  
20-08-2000 to Date

## HON'BLE OFFICE BEARERS OF GOVERNING BODY 2021-2024



**Ch. Tejvir Singh**  
Ex. MLA, Pundri  
President



**Ch. Jit Singh**  
Vice-President



**Lala Desraj**  
General Secretary



**Sh. Jaipal**  
Treasurer

## EXECUTIVE MEMBERS

Sh. Bhagwan Das

Sh. Gyan Singh

Sh. Jagdish Kwatra

Sh. Jai Singh

Sh. Ram Chander

Sh. Ravinder

Sh. Ved Pal

Sh. Pala Ram

Sh. Pawan Kumar

Sh. Prithvi Singh

Sh. Jai Pal

# TEACHING FACULTY (Permanent)



**Dr. Anita Chouhan**  
Associate Professor  
Department of Music (I)



**Mrs. Anita Bhatia**  
Librarian



**Dr. Sunita Gupta**  
Associate Professor  
Department of Music (V)



**Mrs. Anu Dhunna**  
Associate Professor  
Department of Economics



**Mrs. Saroj Bala**  
Associate Professor  
Department of Mathematics



**Dr. Nishi Tuli**  
Associate Professor  
Department of Commerce



**Dr. Shubh Lata**  
Associate Professor  
Department of Hindi



**Dr. Meena**  
Associate Professor  
Department of Commerce



**Dr. Vineeta**  
Associate Professor  
Department of English



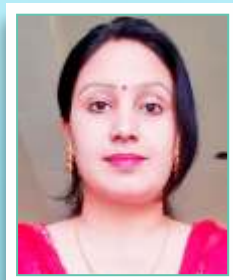
**Dr. Poonam**  
Assistant Professor  
Department of English



**Mrs. Bhawna**  
Assistant Professor  
Department of  
Commerce



**Mrs. Varkha**  
Assistant Professor  
Department of  
Economics



**Mrs. Sonia**  
Assistant Professor  
Department of  
Political Science



**Dr. Manju**  
Assistant Professor  
Department of  
History



**Dr. Kamlesh**  
Assistant Professor  
Department of  
Sanskrit

# TEACHING FACULTY (S.F.S.)



**Ms. Rachna**  
Department of Physics



**Ms. Vidhi**  
Department of Chemistry



**Ms. Kavita**  
Department of Mathematics



**Dr. Anita**  
Department of Commerce



**Ms. Anju Tanwar**  
Department of Commerce



**Ms. Mahi**  
Department of Commerce



**Ms. Lalita**  
Department of Psychology



**Ms. Richa**  
Department of English



**Ms. Priyanka**  
Department of English



**Ms. Garima**  
Department of Home Science



**Ms. Sapna Sharma**  
Department of Computer Science

## **NON-TEACHING FACULTY** (Permanent)



**Sh. Ram Kumar**  
Head Clerk



**Sh. Ranbir Singh**  
Steno Typist



**Mrs. Satwanti**  
Clerk



**Sh. Surinder Kumar**  
Clerk



**Mrs. Manju**  
Clerk



**Mrs. Saroj**  
Tabla Player



**Mrs. Rama Devi**  
Peon



**Sh. Satbir Singh**  
Mali



**Sh. Shanti Prakash**  
Library Attendant



**Sh. Mahabir Singh**  
Sweeper



**Sh. Mahinder Singh**  
Chowkidar



**Sh. Anil**  
Chowkidar

## **NON-TEACHING FACULTY** **(S.F.S.)**



**Mr. Naseeb Singh**  
Computer Operator



**Ms. Sunita Rani**  
Lab Attendant



**Ms. Suman Lata**  
Lab Attendant



**Ms. Pinki**  
Lab Attendant



**Ms. Manisha**  
Lab Attendant



**Ms. Sunita**  
Library Restorer



**Sh. Pardeep**  
Peon



**Sh. Kuldeep**  
Chowkidar



**Mrs. Poonam**  
Sweeper

## PRIDE OF THE COLLEGE



**Ritu Devi**  
Topper, M.A. English



**Poonam**  
Topper, M.Com.



**Seema**  
Topper, B.A.



**Annu**  
Topper, B.Com.



**Kajal**  
Topper, B.Sc.



**Surjeet**  
B.A. Final  
Best NSS Volunteer



**Nancy**  
B.Com. II  
Best NSS Volunteer



**Sunaina**  
B.A. Final  
Best NCC Cadet



**Suman**  
B.A. Final  
Best Athlete



**Renuka**  
B.A. Final  
Best Artist



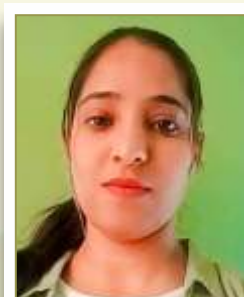
**Soheba**  
B.Com. Final  
Best Singer



**Divya**  
B.A. Final  
Best Speaker



**Kirti**  
PGDCA  
Best Dancer



**Neetu**  
B.A. Final  
Best Actress





# ENGLISH SECTION



Hold fast to dreams for if dreams die,  
life is a broken winged bird that can not fly.

— Sylvia Plath

Faculty Editor :  
**Dr. Poonam Kairon**

Student Editor :  
**Jasmeen**

# Contents

Sr. No.	Articles	Contributors	Page No.
1.	Editorial	Dr. Poonam Kairon	3
2.	EX NCC CADET	Sunaina	4
3.	A GOOD MAN	Harshita Gour	4
4.	Poem On Nature	Arzoo Rani	4
5.	The Problem of Misunderstanding	Gaytari	5
6.	Dont Give up	Komal	5
7.	Good Deeds Reflect Good Character	Ekta Poswal	6
8.	The Real Wealth	Lakhi	6
9.	Education	Neetu	7
10.	The Key To Success	Monika	7
11.	How Google Controls The Life .....	Sneha Bedi	8
12.	Thoughts	Komal	8
13.	Chandrayaan -3	Tannu	9
14.	Dialogues of Teachers	Komal	9
15.	Power of Positive Thinking	Anju	10
16.	A Poem by a Soldier	Ankita	10
17.	Mom, don't Kill me	Samiksha	11
18.	Key to Success	Ankita	11
19.	Fate	Disha	12
20.	Success	Komal	12
21.	Don't Tell	Ansona	12
22.	Child Labour	Komal	13
23.	College Magazine	Preeti Devi	13
24.	Time	Dauli	14
25.	Fashion And Lifestyle	Ishu	15
26.	Education	Anjali	15
27.	Importance of Education	Ishu	16
28.	Trust and Belief	Manu	17
29.	Nature	Ankita	17
30.	Money	Manisha Pathania	17
31.	Love	Manisha Pathania	18
32.	Uses of Money and Time	Ankita	18
33.	Beautiful College Days	Muskan Singla	18
34.	Money, Money, Money...	Manisha Pathania	19
35.	The Power of One	Lakhi	19
36.	Library	Anusha	19
37.	Another Time	Kajal Devi	20
38.	Motivational Quotes	Ankita	20

# Editorial



Education is the most powerful weapon which you can use to change the world.

- Nelson Mandela.

As I write this message, the young spring buds are beginning to blossom, birds are singing and tiny red, green, yellow, white buds are blooming on the trees outside my window. As the season progresses, our articles explore rich and vibrant themes. Feelings are associated with the heart whereas thoughts with the mind and intellect. Feelings are quintessence of life, when expressed meticulously they become one's own reality.

I am feeling very exalted in putting forth this beautiful collection of ideas by our students and teachers, an adumbration of information and imagination in the form of annual college magazine 'Rasika'.

In the bustling corridors of our college, it's easy to overlook the unique perspective and experiences of our rural students yet, within their stories lies a wealth of wisdom, resilience and a deep connection to the land. In this magazine, we shine a spotlight on the voices of rural students, bridging the urban-rural gap and celebrating the richness they bring to our college community.

Rural students bring a distinct perspective shaped by their upbringing in close knit communities and amidst the beauty of nature. Their stories often reflect a deep appreciation for simplicity, hard work and the values passed down through generations. From tales of tending to crops under the vast expanse of the sky to the camaraderie forged in small town gatherings, their narratives paint a vivid picture of rural life. As a college community, it's crucial that we actively listen to and amplify the voices of our rural students. Their perspectives offer valuable insights into issues such as environmental conservation, sustainable agriculture and rural development relevant in today's world. As we strive to build a more inclusive and equitable campus, let us continue to listen, learn and uplift the voices of these rural students. By embracing diversity in all its form, we enrich our college experience and pave the way for a brighter, more inclusive future.

**Dr. Poonam Kairon**  
Assistant Professor of English

## EX NCC CADET

Ncc not only about Drill  
Ragda, Punishment, Camps  
Ranks or Uniform  
It is all about

developing yourself better  
than yesterday  
Every smallest thing  
teaches you a lot,  
"RESPECT is what you give  
and EARN"

Officers and ustaads of Indian ARMY  
are your Teachers!  
Hit Bull's eye with  
marvellous. 22 Rifle  
Stun everyone with your  
command ..... Beat every  
obstacle in your way never  
ever leave your buddy behind.  
When you lead a  
Contingent, it reflects all  
Your hard work on each  
and every cadet in the Contingent  
No one can beat you when  
you stand united  
You experienced that learning  
is easy, teaching is difficult,  
you learn that sharing  
is important as caring  
NCC gives you not only a  
Rank but when you complete  
NCC, it also leaves a Rank  
behind your name as  
"EX NCC CADET!"

**Sunaina**  
B.A. III

## A GOOD MAN

Think positive, be humble and start the  
day with some good work, Nothing is  
impossible in this world. The biggest  
enemy of self-confidence is the fear of  
failure in doing any work and if you want to  
remove the fear, then do the work in which  
you are afraid

Speak the truth, be honest, don't smoke,  
connect with nature, do good deeds, help  
the needy.

**Harshita Gour**  
B.A. II

## Poem On Nature

Nature is so good  
And don't make us rude  
It gives us everything  
Without expecting anything.  
It gives us food to eat  
And gives us shade to reduce heat.  
It is - 'Go Green'  
And helps us to stay clean.  
With trillions of trees  
And stunning cliffs  
So it is our duty to protect the nature  
And to stop the melting glacier.



**Arzoo Rani**  
B.A. III

# The Problem of Misunderstanding

We have all experienced serious misunderstandings that were initially ignored or swept under the rug to fester for a while. Then they popped up later, rearing their ugly heads and negatively impacting cooperation and teamwork.



When we base our opinions solely on what we are observing today-without pausing to consider history, background or their perspectives, we are more prone to get things wrong. And that often creates an issue, an issue that's really a "misunderstanding."

"The biggest problem for humanity, not  
Only on a global level, but even for  
Individuals, is misunderstanding." - Rinpoche

"When nails grow long, we cut nails not finger, similarly when misunderstanding grows up,  
cut your ego not your relationship." - APJ Abdul Kalam

## How can we over come :

We are not looking to "win" or be proven right. It's more important that we gain a new understanding, to express that I am seeking the harmony that once existed, and get a mindset to have productive communication.

**Gaytari**  
B.A.II

## Don't Give up

A long time ago, there lived a boy named Ram in a village. He was very happy with his family. But this happiness could not last for long. Ram and his fellow villagers faced a severe drought. They desperately waited for rain but with no luck. All the crops land and even trees dried up. The cattle started dying. As there was no rain, the stream was drying up slowly.

One night during a meet with the villagers, Ram said, "Friends, we all have heard tales from our grand-parents about an underground river flowing through our village. Why don't we dig and see ?" The villagers agreed and started digging. They dug for some days but gave up soon. However Ram kept on digging. When people told him to give up, he said, "God is helping and guiding my way".

One day when he had dug deep enough, Ram saw water, his attitude of not giving up saved the whole village. "Never give up so easily" Ram advised all the villagers. Now they are never short of water. And whenever any problem arises, all the villagers comes up together and find a solution.

**Komal**  
B.A. II

## Good Deeds Reflect Good Character

Watch your thoughts, they become words

Watch your words, they become actions

Watch your actions, they become character

Watch your character, it becomes habit.

The above lines show the importance of good deeds and good character in one's life. The deeds of a person show his character. Good deeds surely reflect one's good character as they show how smart and humble one is in his personality. Good deeds can be done in any walk of life e.g. soldiers in the battlefield, women in the house or work place, nurses in the hospitals or students in the school or society. The memory of good deeds and good character excites love and gratitude. So, one must understand that we should live in deeds not in years. As Gandhiji said, "If money is lost,



nothing is lost but if character is lost everything is lost. According to Abraham Lincoln, "Your character is what you are when you are alone. If a person is of good character, he will do good deeds not only in the presence of stranger but also when he is alone. Many people believe that they need to do very different or extra-ordinary things to impress others. It is totally wrong, you just need to have some politeness and adequate manners for that purpose. If we are helpful then people will naturally understand our beautiful character. It is absolutely true that a person's character is revealed through actions so we should do good deeds so that we may develop a good character to be remembered forever.

**Ekta Poswal**

B.A. II

## The Real Wealth

One day, a rich man decided to take his son on a trip to the country. The wealthy man wanted to show his son, how the poor people live, so he could be thankful for his wealth.

They spent two days on a farm of a very poor family. On their way home, the rich man asked his son,

"How was our trip with this poor family and what did you learn?"

The son answered, "I saw that we have servants to serve us, but they serve others. We have one dog and they have four. We have imparts lanterns in our gardens and they have stars at night. We buy our food, but they grow theirs. We have a big pool in our garden, but they a creek that has no end.

We have large walls to protects us and they have friends to protect them " Finally the son added, "Thanks dad for showing me how poor we are."

**Lakhi**

B.A. II

## Education

Without education  
you can't do anything  
We need to educate  
as we are human beings  
If we are not educated  
then some things are impossible.  
But if we are educated  
we can make it possible.  
The most powerful  
weapon is education,  
without it you can't do  
anything in this nation.  
Life without education is like  
a Room without light.  
If we are educated  
then our life is very bright.  
Education is our best friend  
and it does not have any end.  
Education is the best  
and while you are educating  
you can't rest.

**Neetu**  
B.A. III



## The Key To Success



Take a deep breath  
and move around with me  
step by step  
Success is not final  
and failure is not fatal  
but what counts is the  
courage to move on  
The key to success is not  
one or the less but it's hard  
Education, Commitment, Perseverance  
Among others  
Hard work is the mother of  
the key to success  
for it is said that hard work makes  
a man successful, wealth  
accompanied by education  
but laziness makes a man poor  
and idle minded  
so therefore ladies and gentlemen  
The choice lies in your hands,  
Decide and take action

**Monika**  
B.A. II

# How Google Controls The Life of Average Person



Google, through its various products and services, has the ability to influence and shape the daily habits and routines of many people. Some examples include :- Search : Google's search engine is one of the most widely used on the internet, and it

can shape people's perceptions and understanding of various topics.

"Google controls Average person." You may be wondering and thinking :- How can this be ?  
"The truth may strike you like lightning! Google knows each and everything about you. Google knows your address, the person you talk to the most, the places you visit often, the types of sites you browse.

You must be wondering : "How ? !"

Well, do you remember having filled in all the personal details while signing up for google mail or my other application such as youtube, Google maps, playstore , Google Drive, etc. belonging to Google ? Google has all the personal information about you. Hence, it controls you without being seen by you. All the advertisements that pop up when you are browsing, Google is behind them.

Google always knows your exact location. Google knows when you do bank transactions. Google knows the phone bill payment schedule. Google knows how much traffic you will encounter while travelling to a place.

So, you see how Google controls an average man or woman's life !

**Sneha Bedi**  
B.A. III

## Thoughts

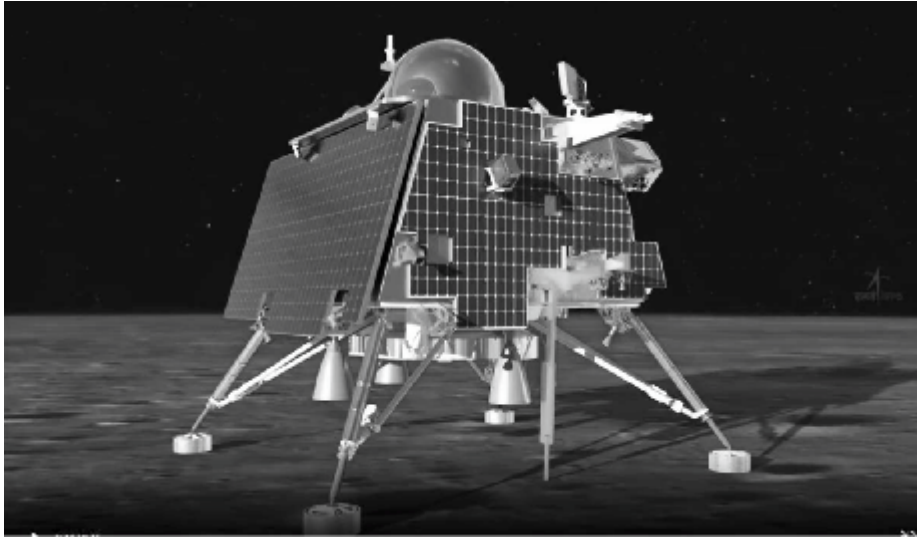
Ego - Kill it  
Love - Value it  
Smile - Keep it  
Gossip - Ignore it  
Success - Achieve it  
Jealousy - Distance it  
Knowledge - Acquire it  
Confidence - Trust it



**Komal**  
B.A. II



## Chandrayaan -3



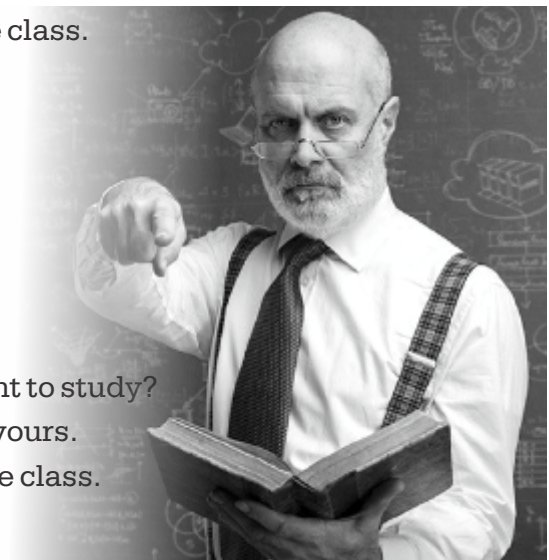
Chandrayaan -3 is the India's third moon mission conducted by ISRO. India launched Chandrayaan -3 at 2:35 pm on 14 July 2023 from Satish Dhawan Space Centre in Sriharikota, Andhra Pradesh. Chandrayaan -3 Lander Vikram successfully landed on the south pole of the moon. India is the first country who successfully landed on

the south pole of the moon. Only three countries United States, Russia and China have successfully landed on the moon. Now, India has made a new history in space science. The main purpose of Chandrayaan - 3 is to confirm the presence of water and ice on the moon. The budget of Chandrayaan - 3 mission was about 615 crores. The whole Indian people watched the launch on smart phones and television. All country men are proud of this success of the country.

**Tannu**  
B.A. II

## Dialogues of Teachers

- If you are not interested then you may leave the class.
- This class is worse than a fish market.
- Are you here to waste your parents' money?
- Tell me when you all have finished talking.
- Why are you laughing?
- Come here and tell us we'll also laugh.
- Do you think teachers are fools to teach you?
- Don't try to act over smart with me.
- Why do you come to school when you don't want to study?
- The previous batch was 100 times better than yours.
- If you want to talk then you may get out from the class.
- You yes you .....
- I am talking to you only, don't look back.



**Komal**  
B.A. II

# Power of Positive Thinking

"Your thoughts are the architects of your destiny"

Positive thinking is like exercising a muscle. Only it gives us a mental workout. The more we use it, the more we shall excel. It's not possible to think positive at all times, but we want the majority of our thoughts to reflect good and happy things, positive thinking changes our life, gives us the strength to go on.

A positive outlook helps us to cooperate more easily with the daily affairs of life. It brings optimism into our lives and makes it easier to avoid worries and repel negative thoughts. If we adopt it as a way of life, it would bring constructive changes. Positive thinking helps growing as a good person.

Positive thinking manifests positive attitude, helps us to think constructive and creative thoughts provide us with the motivation and energy to do things and accomplish goals and surround us in an aura of happiness.

A positive frame of mind can help us in -expecting success and not failure, make us feel inspired. It builds in us strength to not to give up, if we encounter obstacles on our way. It makes us look at failure and problems as blessing in disguise. It also helps us in believing ourselves and in our abilities.

"THINK POSITIVE AND DO POSITIVE"



**Anju**  
B.A. II

## A Poem by a Soldier

If I die in a warzone  
Box me up and send me home.  
Put my medals on my chest,  
Tell my Mom I did my best,  
Tell my Dad not to Bow,  
He won't get tension from me now.  
Tell my brother to study perfectly,  
Keys of my bike will be his permanently.  
Tell my sis not to be upset,  
Her bro will not rise after this sunset.  
Tell my love not to cry,  
Because I am a soldier Born to die.



Compiled by :  
**Ankita**  
B.A. III

# Mom, don't Kill me

A baby in the womb is saying to her mother

Mom don't kill me,

I also want to come into the world

I want to remove the difference between son & daughter

I want to make the house smell of happiness

Mom don't kill me,

I also want to come into the world

I want to go to school with brother

I want to make you feel

I want to take ownership of my daughter

Mom don't kill me.

I also want to come into the world

I want to call you mother

I want to share your pain

I want to be with you

MOM don't kill me

I also want to come into the world

I want to fall in love with dad

I want to honor my father

I want to increase the pride of the country

I want to earn name by studying and writing

Mom don't kill me

I also want to come into the world.



**Samiksha**

B.A. II

# Key to Success

Read, but write more

Talk, but, think more

Play, but study more

I promise you will succeed sure

Eat, but chew more

Weep, but Work more

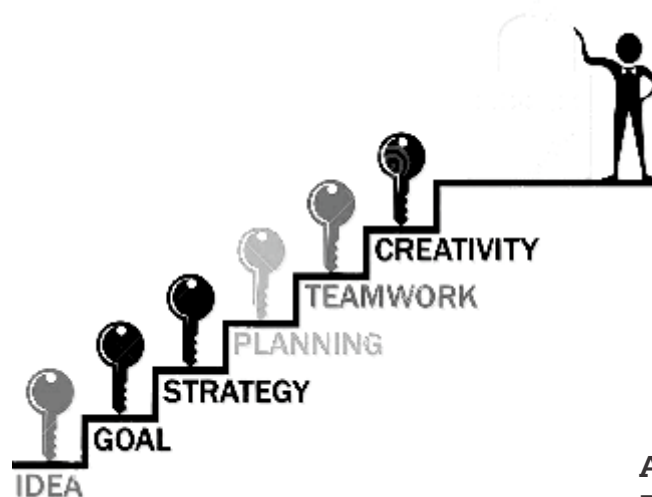
I promise you will succeed sure

punished, but forgive more

Spend, but earn more

Consume, but produce more

I promise you will succeed sure.



**Ankita**

B.A. III

## Fate

Only those people reach their destination,  
who have life in their dreams,  
nothing happens by flapping wings,  
because the flight happens with courage.

Do not get disappointed by the  
game of fate,  
I have felt sad in life, why  
on the lines of my hands ?  
Believe me, fate  
also happens to those who have no hands.



Work in such a way that you become an  
identity, walk every step in such a  
way that it becomes a mark,  
here everyone spends life,  
live life in such a way that  
you become an example.

**Disha**  
B.A. II

## Success

Success is our own shadow  
Don't try to catch it  
walk your own way,  
it will automatically  
follow you.  
Remember shadow  
follows you only  
when you walk  
towards Brightness.

**Komal**  
B.A. II

## Don't Tell

There are lots of things  
They won't let me do  
I'm not big enough yet ,  
They say.

So I patiently wait  
Till I'm all grown-up :  
And I'll show Them all,

I could show Them now  
If they give me the chance,  
There are things I could do  
if I tried.

But nobody knows,  
No nobody knows, that I'm  
Really a giant,  
Inside.



**Ansona**  
B.A. II

## Child Labour

Child labourers are exploited to hazardous work conditions and paid a pittance for their long hours of work. They belong to the unorganized labour force. The Constitution of India says that :

a) No child below the age of 14 years shall be employed to work in any hazardous employment (Article 24)

b) Childhood and youth are to be protected against exploitation and against moral and material abandonment (Article 39 (1))

c) The state shall endeavour to provide within a period of 10 years from the commencement of the constitution free and compulsory education for all children until they have completed the age of 14 years (Article 45)

Seventy nine percent working children are in the rural areas. Two thirds of the working children belong to the 12-15 years age-group and the rest are below 12 years. A survey conducted by the Operations Research group (ORG) Baroda (Vadodara) in 1985 had put the figure of working children at 44.5 million.

Child labour refers to the employment of children in any work that deprives children of their childhood, interferes with their ability to attend regular school and that is mentally, physically, socially or morally dangerous and harmful. This practice is considered exploitative.

**Komal**  
B.A. II

## College Magazine

College magazine is an important part of college education. Every good college publishes its magazine and thereby nurtures the potential talents. It is usually published every year. Students conduct the whole job from collecting compositions to publication under the able guidance of a teacher. Among the students, one acts as an editor. First, students are asked to submit their writings. These are screened, corrected, edited and then printed. Compositions are selected on quality basis. The students whose names are printed feel excellent. It boosts up their confidence too. Thus, college magazine gives students a chance of self expression. It promotes their literary skill. In fact, college magazine is the breeding ground of the future writers. Besides, students also learn the value of co-operation and develop the power of organization. College magazine is a must for every college.

**Preeti Devi**  
B.A. II



# Time

(Proper use of time to achieve success )

Use your time wisely to build your future.  
Use Time wisely, prepare for a better future.

There's not a lot you can do  
about the nation's economy  
but there is a lot you can do  
about your personal economy-zig zıglar.

In life, you're not guaranteed happiness or success. You're not guaranteed a great marriage or the house of your dreams. You're not even guaranteed your next breath. Get over it.

Because while there are very few guarantees on planet earth, there are some things that you can be sure of. One is the fact that every decision you make today turns you into the person you'll be tomorrow.

That's why the most successful people are always focused on the future and never let their guards down. They're consistent the same people, day after day, whether they're on stage in front of thousands of people or at the dinner table with their family.

They don't skip the gym or sleep in when they don't have important meetings. They have routine and they stick to them. They pay their dues every day, because they have to do if they want to remain relevant and on top of their industry.

## **Using time wisely starts now**

Still struggling to use your time wisely? you're not alone. And if you stay on the path of least resistance, you'll have plenty of company. But is that the company you want to keep ? Do you want to hang around crop dusters who are satisfied to put through life with a rustled muffler or do you want to be surrounded with high flying fighter jets ?

If you want to make it to the top of the industry, own the competition, so you can't afford to waste a minute of your life on anything that doesn't push you towards your goals. But may be you are getting what you want-Attention. The only problem is that by setting for attention, now you are going to get nothing but regret later in life.

But if you're looking for something that makes you leap out of bed with excitement, so you don't have to waste your life with mundane conversation that have no consequence.

Once you get a taste of success, you'll never tolerate another minute of wasted time.



**Dauli**  
B.A. II

## Fashion And Lifestyle



In our fast-paced world, it's easy to overlook the little things that make life more enjoyable. One such thing is fashion. We all have our unique styles, but infusing a touch of creativity into your day-to-day fashion can boost your confidence and overall well-being.

Start with the basic : The foundation of great daily fashion lies in having a versatile wardrobe. Invest in high-

quality basic like a well-fitted white T-shirt, a pair of comfortable jeans, and classic sneakers. These staples form the canvas for your daily looks. Mix and match. Don't be afraid to experiment with your existing wardrobe. Mix and match different pieces to create fresh outfits. You will be surprised how a simple change in pairing can give your clothing new life.

Accessories : Accessories can transform a plain outfit into a stylish one. Scarves, belts and statement jewellery can add flair to your look . Invest in comfortable shoes your choice of footwear can make or break your day.

Self-care : Looking good is closely tied to feeling good. Self-care such as regular exercise, a balanced diet, and sufficient sleep. A healthy lifestyle reflects positively on your appearance.

Be confident : No matter what you wear , confidence is the key to looking and feeling great. Believe in yourself and your unique style. When you're confident your fashion choices shine. Adopt to the season dress according to the weather.

Season : appropriate clothing enhances your comfort and style.

Incorporating these elements into your day-to-day life can elevate your fashion and lifestyle. So go ahead, step out into the world, win confidence, style, and a smile. Your day-to-day life will thank you for it.

**Ishu**  
B.A. II

## Education

All that glitters is not gold,  
With education, the world is bold,  
Education is precious in modern world,  
All bad things are odd,  
Education gives us respect,  
Without education nobody accepts,  
Everyone must educate,  
Then our world can be great.



**Anjali**  
B.A. III

## Importance of Education

Education teaches the ability to read and write. Most information is communicated through writing. Therefore, a lack of writing skills mean missing out much information. Therefore, education makes people literate. Education is essential for employment. A good education is a great way to make a decent living. This is because it gives you the skill to grab a high-paying job. Uneducated people have a considerable disadvantage when it comes to finding a job. Many poor people are able to improve their lives through education.



Education is a process of acquiring knowledge and skill, developing morals and values, and developing habits that define education. Education is more than just these things. Education is more than gaining knowledge and gathering information, it is also about applying that knowledge to your life. The importance of education is to equip individuals with the skills they need to live a productive life, positively influencing the economic growth of their society and country.

Good education fosters critical and logical thinking, scoring high in exams does not equate to receiving a good education.

Education encompasses various subjects, such as cultural diversity, religious beliefs, societal norms, and personal growth towards responsible citizenship. Unfortunately with the rise in technology, teachers are often overlooked as children now have easy access to answers through their own devices.

Education is the backbone of society. Education is an integral part of human society. Education must be top priority in every country, every individual of the country must have access to education. This will make our nation prosperous.

**Ishu**  
B.A. II



## Trust and Belief

Trust is a feeling within your heart,  
As soon as it's broken, it tears you  
    apart,  
That trust no longer exists within  
    Your heart,  
But the feeling within you will never  
    Part,  
You may despise what has happened  
    in the past,  
But life is too short to let that  
    hate last.  
So trust your feelings, let that  
    pain pass,  
For the person you trust may be  
    Your last.

**Manu**  
B.A. II

## Nature

The beauty of the sunset  
Tells us something each day  
That another day has ended today  
The beauty of sunrise  
Tells us this day is true to stay.  
The wind blowing on the face.  
Tells us life is a running race.  
So, get inspired by nature each day.  
At each step of your way!

**Ankita**  
B.A. III

## Money

When I pass, everyone  
    Supports me  
Everything happens by itself.  
Dream comes true. Everyone  
respects me and there is respect  
    in the world.  
But .....

When it is not there, no  
one with you. Even dreams  
become false, you do  
    not come, close to yourself.



There is no respect in  
    the world, there is  
always insult, nothing is yours.  
Everything becomes a dream.  
Some go to sleep, hungry  
some die thirsty.

Without it, everything becomes empty.

    May be it's money  
    Money is like that.

**Manisha Pathania**  
B.A. II

## Love

- I will love you every moment,  
I will love you innumerable,  
God has written all the  
pages of my life, every  
page will be in your name.
- A beautiful moment becomes a story,  
Who knows when someone  
becomes a part of life.....  
Some people are found in life with  
whom an unbreakable relationship is formed.
- I will look at you with all  
my heart, if you  
accept me .....  
My eyes are desperate and my  
love is yours .....  
Whether you are worried about  
life or the world .....  
your love is one and only ours.

**Manisha Pathania**  
B.A. II

## Uses of Money and Time

- USE YOUR MONEY TO....
  - » Look better (grooming)
  - » Feel better (food choices)
  - » Make more money (invest)
- USE YOUR TIME TO. ....
  - » Look better (gym)
  - » Feel better (Meditation)
  - » Make more time (Skills)
- Spend your time and money on things  
that will improve quality of life.

Ankita  
B.A. III

## Beautiful College Days



Sweet were the days  
of semester one,  
gossip, enjoyment, classes,  
and so much fun.  
Together we spent  
those sleepless nights  
that drama before exams,  
those endless fights.

Before we got used to,  
time all but flew  
the holidays were over  
and it was semester two.  
Attendance was a problem  
proxies become a thing  
much to the Prof 's dislike  
College was a paradise, my  
three years of college were  
the best years of my life.

**Muskan Singla**  
B.A.II

## Money, Money, Money...



Money, Money, Money  
And money is all and everything.  
Earn money, spend money, enjoy money  
Money, Money, earn money.  
By hook or by crook.  
Money laundering, snatching  
Are the common formulas.  
Earn money and earn, no matter  
Black or white money,  
All laws are in papers  
So long as police stick is  
not there with it.  
Give money and accumulate money.

**Manisha Pathania**  
B.A. II

## The Power of One

One song can spark a moment  
One whisper can wake the dream  
One tree can start a forest  
One bird can herald spring

One smile begins a friendship  
One handclasp lifts a soul  
One word can frame the goal  
One vote can change a nation

One sunbeam lights a room  
One candle wipes out darkness  
One laugh will conquer gloom  
One step must start each journey  
One ward must start each prayer

One hope will raise your spirit  
One touch can show you care  
One voice can speak with wisdom  
One heart can know what's true  
One life can make the difference  
You see, it's up to you !!

Compiled by :  
**Lakhi**  
B.A. II

## Library

- Library is a place where books are kept according to the different subject matter.
- Library is a place where unlimited knowledge is just waiting to be found.
- The person in charge of a library is called a librarian.
- The role of the librarian is to keep everything in order for the person who wants to gain knowledge from books.
- Libraries are a forgotten source of knowledge today due to internet, but they still are equally important.



**Anusha**  
B.A. II

## Another Time

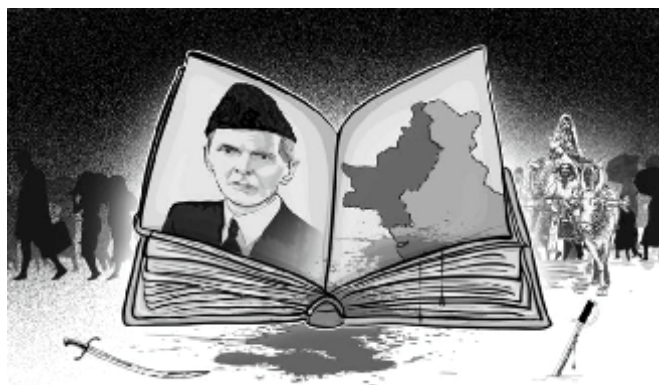
It is to day-in which we live.

So many try to say not now,  
So many have forgotten how  
To say I Am, and would be  
lost if they could, in history.

Bowing, for instance, with such old-world grace  
To a proper flag in a proper place,  
Muttering like ancients as they stamp upstairs  
Of mine and his or ours and theirs.

Just as if time were what they used to will  
When it was gifted with possession still,  
Just as if they were wrong  
In no more wishing to belong.

No wonder then so many die of grief,  
So many are so lonely as they die,  
No one has yet believed or liked a lie:  
Another time has other lives to live



**Kajal Devi**  
B.A. II

## Motivational Quotes

- You can't change your future but you can change your habit and surely your habit will change your future.
- Success is when your 'Signature' changes to 'Autograph'.
- One of the important characteristics of a student is to put questions.
- Love your job but don't love your company because you may not know when your company stops loving you.



**Ankita**  
B.A. III

## HAWAN CEREMONY



अपनी सनातन परम्परा का अनुसरण करते हुए महाविद्यालय के  
नव-सत्र 2023-24 का हवन से शुभारम्भ

## ORIENTATION PROGRAMME



# INDEPENDENCE DAY CELEBRATION



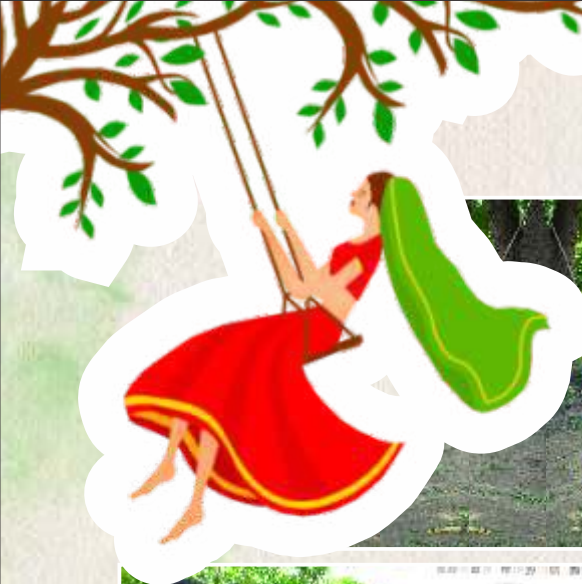
# REPUBLIC DAY CELEBRATION



# GLIMPSES OF NATIONAL SEMINAR



# FESTIVITIES





# हिन्दी विभाग

उन्हें पुज्जित करो, आकार दो हे! मुझे मेरा ज्वलित श्रृंगार दो हे!  
पवन का वेग दो, दुर्जय अनल दो, विकर्तन! आज अपना तेज बल दो।  
- रामधारी सिंह दिनकर

सम्पादिका  
डॉ. शुभ लता

छात्रा सम्पादिका  
स्नेहा

# अनुक्रमणिका

क्र. स.	लेख	लेखिका	पृष्ठ स.
1.	सम्पादकीय	डॉ. शुभलता	3
2.	मेडीटेशन में संगीत की भूमिका	डॉ. सुनीता गुप्ता	4
3.	कुछ करना है तो	सलोनी	5
4.	मत हार कर प्रतिकार	ज्योति	5
5.	बेटियाँ	रजनेश	6
6.	बचपन	रजनेश	6
7.	संस्कार	चेतना पाँचाल	7
8.	माँ	रीना	7
9.	माँग जहाँ से सब कुछ आये	चेतना पाँचाल	8
10.	जीवन संघर्ष है	रेनू	8
11.	कदम मिलाकर चलना होगा	संजना	9
12.	गिरना भी अच्छा है	अपर्णा देवी	9
13.	हिन्दी भाषा	रीना	10
14.	मेहनत	संजना	10
15.	माँ	सीना	10
16.	वे आँखें	काजल	11
17.	उड़ान हॉसलों की	शिवानी	11
18.	संकल्प	साक्षी	11
19.	नारी	अपर्णा देवी	11
20.	राम मंदिर अयोध्या	स्नेहा बेदी	12
21.	संगीत में तबले का महत्व	दिशा	12
22.	भानगढ़ का किला	मुस्कान	13
23.	असंभव कुछ नहीं	अंजु	14
24.	विश्वास करो कर्म में	अजंली	15
25.	सोशल मीडिया	सोनू	15
26.	जरा सोच समझकर	ज्योति	16
27.	ज्ञान	नेहा	16
28.	भारतीय संस्कृति	संजना	17
29.	रामायण से लिए कुछ प्रेरणादायक प्रसंग	चेतना पाँचाल	18
30.	ज्ञान	अपर्णा देवी	18
31.	गुरु की उर्जा सूर्य सी	अंकिता	19
32.	आँखे	हर्षिता गौड़	20
33.	जहाँ चाह, वहाँ राह	अपर्णा देवी	20
34.	युवा माँगे जवाब अब	हर्षिता गौड़	21
35.	शिक्षक	सुनैना	21
36.	हरियाणवी कविता	दिव्या	22
37.	चौकी परम्परा में संगीत	डिम्पल	23
38.	सोशल मिडिया का शास्त्रीय संगीत में योगदान	आँचल	24
39.	भारतीय संगीत के विकास में सिक्ख गुरु नानक देव जी योगदान	खुशी शर्मा	25
40.	मेहनत रंग लायी	रेनू	26
41.	भव सागर पार	डॉ० विनीता	26
42.	संगीत में तराना का महत्व	नीशा	27
43.	प्रकृति	कोमल	27
44.	गायन में आलाप क्या है?	शीतल देवी	28

# सम्पादकीय



लेखन एक कला है जो जीवन में लोकोत्तर परमानंद की अनुभूति कराती है यह कला बुद्धिजीवी मनुष्य के पास होती है, हमारी लेखनी हमारे जीवन की पहचान होती है। हमारे सम्पूर्ण व्यक्तित्व का आइना होती है। कलम में तलवार से भी अधिक शक्ति है।

लेखन कला प्रतिभा को निखारने का अवसर प्रदान करती है। सभी के भाव एवं अभिव्यक्ति का माध्यम है। इस अनूठी कला के द्वारा व्यक्ति अपने व्यक्तित्व को पहचान दे सकता है। कला उर्वरा मिट्टी का काम करती है जिससे हमारी छिपी प्रतिभा के अंकुर प्रस्फुटित होते हैं। एक कदम आगे रखते हुए हम साहित्याकाश में विचरण कर सकते हैं। उचित खाद-पानी रूपी मार्गदर्शन के द्वारा हमारे अन्दर साहित्य रूपी वृक्ष के पत्ते लहलहाने लगेंगे। जीवन और जगत से प्रभावित नए-नए अर्थों का स्वतः उद्घाटन करने वाली प्रज्ञा से हमारी प्रतिभा दिनप्रति-दिन निखरती है। एक कदम आगे रखते हुए हम साहित्याकाश में विचरण कर सकते हैं। उचित खाद-पानी रूपी मार्ग दर्शन के द्वारा हमारे अन्दर साहित्य रूपी वृक्ष के पत्ते लहलहाने लगेंगे। जीवन और जगत से प्रभावित नए-नए अर्थों का स्वतः उद्घाटन करने वाली प्रज्ञा से हमारी प्रतिभा दिन-प्रतिदिन निखरती है।

उद्योग, विज्ञान एवं तकनीकी सूचना क्रान्ति के युग में युवा पीढ़ी में संवेदन शून्यता तथा मौलिक लेखन के प्रति कम रुझान है। आज पग-पग पर इन्सानियत एवं मूल्यों एवं संस्कारों की बलि चढ़ाया जा रहा है। मानवता चीत्कार कर रही है। रिश्ते तार-तार हो रहे हैं। अब समलैंगिकता को कानूनी दर्जा दिए जाने की मांग की जाती है। बालक मजदूरी करने को मजबूर है। कन्या भ्रूण हत्या से समाज के लिंगानुपात बिगड़ता दिखाई दे रहा है। मानव अंगों की तस्करी, नशे में डूबता समाज, नशे में डूबता हुआ युवा। भावनाओं को उद्वेलित करने के लिए यह सब कुछ कम नहीं है। आप सब नए युग के आधार हैं। आप सब के हृदय यह सब देखकर उद्वेलित क्यों नहीं होते। कबीर, जायसी, सूरदास, कबीर मीरा जयशंकर प्रसाद, प्रेमचन्द, निराला हमारी अनमोल विधि है। इनसे कटकर हम साँस नहीं ले पाएँगे। आदर्शों, संस्कारों, नैतिक मूल्यों ने हमेशा संजीवनी के समान हममें प्राणों का संस्कार करती है। विचारों की गम्भीरता से ही लेखन में गम्भीरता आएगी। स्वास्थ्य एवं मौलिक लेखन की प्रेरणा के उत्तरदायित्व का निर्वाह करते हुए सबको अपने लेखन से अपने व्यक्तित्व का सर्वांगीण विकास करना होगा।

डॉ. शुभलता  
एसोसिएट प्रोफेसर  
हिन्दी विभाग

## मेडिटेशन में संगीत की भूमिका

मेडिटेशन एक अभ्यास है जिसमें कोई व्यक्ति एक तकनीक का उपयोग करके, जैसे माइडफुलनेस, किसी विशेष वस्तु, विचार या गतिविधि पर ध्यान केंद्रित करता है। ताकि फोकस और अवेयरनेस का बढ़ाया जा सके। इसका अभ्यास एक व्यक्ति को मानसिक रूप से पुष्ट बनाता है और भावनात्मक रूप से शान्ति और स्थिरता प्रदान करता है।

मेडिटेशन क्या है - जापानी का सेन और चीन का ध्यान यह दोनों की शब्द ध्यान के अप्रभंश है। इंग्लिश में इसे मेडिटेशन कहते हैं, लेकिन अवेयरनेस शब्द इसके ज्यादा नजदीक है। हिन्दी का बोध शब्द इसके ज्यादा करीब है। ध्यान का मूल अर्थ है जागरुकता, अवेयरनेस, होश, साक्षी भाव और दृष्टा भाव योग का आठवा अंग ध्यान अति महत्वपूर्ण है। एक मात्र ध्यान ही एक ऐसा तत्व है जिसे साधने से सभी स्वतः ही साधने लगते हैं। मायो क्लीनिक के अनुसार मेडिटेशन के लिए सबसे पहले अपनी सांसों पर ध्यान देने की कोशिश करें। गहरी और लंबी सांसों का अभ्यास स्ट्रेस को कुदरती ही दूर करता है। हमें शांत चित बैठकर लंबी-लंबी सांसे लेनी चाहिए है और हमारा



ध्यान उन सांसों पर ही होना चाहिए। ध्यान रहे आस-पास शांत वातावरण होना चाहिए कोई शोर शराबा नहीं होना चाहिए ताकि मन इधर-उधर भटके नहीं। ध्यान करते समय क्या सोचना चाहिए? मैं क्यों सोच रहा हूँ कुछ देर के लिए सोच रुक जाती है। संकल्प कर लें कि मैंने 20 मिनट के लिए अपना दिमाग शून्य कर लेना है। हमें हर उस बात पर ध्यान देना है जो हमारे जीवन से जुड़ी है। शुरु में ध्यान की शुरुआत कैसे करें? सिद्धासन में बैठकर आंख बंद कर ओम् का उच्चारण करें पहले 10 दिन 3 मिनट ओम् का उच्चारण करे धीरे-धीरे समय को बढ़ाते रहे और समय 20 मिनट तक कर लें। ओम् शब्द तीन शक्तियों को समाहित किए हुए है - अ, उ, म् ये तीन ही शक्तिके प्रतीक है। 'अ' शब्द जन्म व उत्पत्ति का, 'उ' धारक, पालक, रक्षा का प्रतीक है एवम् 'म्' शब्द विलय शक्ति का प्रतीक है। अतः ओ३म् वेदों का बीज मंत्र है इसी बीज मंत्र से सृष्टि की उत्पत्ति मानी गई है और इसी से नाद की उत्पत्ति हुई है। इस प्रकार शब्द और स्वर की उत्पत्ति ओ३म् से ही मानी गई है। श्रुतिस्मृति के अनुसार यह प्रणव ही परमात्मा का अतिसुन्दर नाम है। मेडिटेशन या ध्यान खुद को केंद्रित करने और दिन भर की थकान को दूर करने का सरल और कारगर उपाय है। इसमें संगीत की अहम् भूमिका है।

- 1) सबसे पहले एक शांत और एकांत स्थान देखे जहां आप ध्यान लगा सकते हैं।
- 2) ध्यान लगाते समय अपनी शारीरिक मुद्रा सही रखें आंख बंद, कमर सीधी, कंधा और गर्दन को रिलैक्स रखें।
- 3) उस समय कोई शोर शराबा ने हो यहाँ तक कि मोबाइल भी बंद रखें।
- 4) कमरे में शान्ति देने वाला संगीत लगाएं। हेडफोन का इस्तेमाल आप कर सकते हैं आपको ऐसा प्रतीत होगा कि संगीत आपके मस्तिष्क से निकल रहा है।
- 5) कोशिश करे बिना लिरिक्स का संगीत हो जैसे इंस्ट्रुमेंटल म्यूजिक, मेडिटेशन, बेल्लस, या नेचर साउंड।
- 6) रिसर्च से पता चलता है कि संगीत सुनने से आपको आनंद की अनुभूति होती है आपकी मानसिक स्थिति बेहतर होती है।

डॉ. सुनीता गुप्ता  
संगीत एवं विभाग

## कुछ करना है तो

कुछ करना है, तो डटकर चल ।  
थोड़ा दुनिया से हटकर चल ।  
लीक पर तो सभी चल लेते हैं ।  
कभी इतिहास को पलटकर चल ।



बिना काम के मुकाम कैसा ?  
बिना मेहनत के, दाम कैसा ?  
जब तक ना हासिल हो मंजिल  
तो राह में, आराम कैसा ?  
अर्जुन सा, निशाना रख ।  
मन में, ना कोई बहाना रख ।  
लक्ष्य सामने है, बस उसी में  
अपना ठिकाना रख । ।  
सोच मत, साकार कर ।  
अपने कर्मों से प्यार कर ।  
मिलेगा तेरी मेहनत का फल ।  
किसी ओर का ना इंतजार कर । ।

जो चले थे अकेले उनके पीछे  
आज मेले हैं .... जो करते रहे इंतजार  
उनकी जिंदगी में आज भी झमेले हैं ।

सलोनी  
बी.ए. तृतीय वर्ष

## मत हार कर प्रतिकार

मत थक, कर प्रयास  
सिंधु में फिर से, मोती तलाश  
तुम अजय हो, दृढ़ हो,  
यहाँ प्रभु का ही तो वंश हो ।

मत हार कर प्रतिकार  
हिम गिरि से फिर कर दो दो हाथ  
तुम पावन हो, प्रचंड हो  
यहाँ प्रभु का ही तो अंश हो

मत भाग, कर विधान  
रण न त्याग कर अन्य व्यूह निर्माण  
तुम जीवन हो, ज्ञान हो  
यहाँ प्रभु की ही तो संतान हो ।

मत हो निराश व हताश कर प्रहार  
अस्त्र मत डाल, कर विजय की फिर हुँकार,  
तुम विराट हो, शक्तिमान हो  
यहाँ प्रभु शक्ति का ही तो प्रमाण हो,



ज्योति  
बी.ए. तृतीय वर्ष

## बेटियाँ

चिड़ियों के झुंड सी,  
चहचहाती है बेटियाँ।  
पगडंडियों पर नीले पीले,  
आंचल उड़ाती है बेटियाँ।  
आंगन की तुलसी बनकर,  
घर को महकाती है बेटियाँ।  
हंसी ठिठोली कर सबका,  
मन बहलाती है बेटियाँ।  
पायल की रुनझुन सी,  
गुनगुनाती हैं बेटियाँ।  
पानी सी निर्मल,  
स्वच्छ नजर आती हैं बेटियाँ।  
क्यों देखते हो दोयम निगाहों से,  
इन्हें ज़माने वालों।  
किसी भी मकान को,  
घर बनाती हैं बेटियाँ।



रजनेश  
बी.ए. तृतीय वर्ष

## बचपन



बचपन में जो खेल है खेले,  
जवानी में आकर भूल गए।  
जब से है हम बड़े हुए, जीना ही हम भूल गए  
एक समय पर सिर्फ खुशियाँ थी,  
गम का नामों निशान न था,  
सभी से होती थी तब चालाकी,  
तब हमारा कोई ईमान न था,  
उन छोटी छोटी आँखों में,  
चाहत कुछ बड़ा पाने की  
आसमान में देख, चाँद तारों को तोड़ लाने की।  
जब नहीं मिलता कुछ मन चाहा,  
तो जिद्द भी लगती नादानी थी,  
तब छोटे से चंचल मन की  
सबको अच्छी लगती कहानी थी।  
मिलके बिछुडना, बिछुडकर मिलना  
ये तो रोज की कहानी थी,  
रहते थे सभी दोस्त बनके  
यही तो बचपन की निशानी थी।

रजनेश  
बी.ए. तृतीय वर्ष

## संस्कार

दादी नानी की कहानी  
हो गई सब पुरानी  
सारी दुनिया हो गई  
मोबाइल दीवानी

संस्कार विहीन बच्चे  
सार्थक ज्ञान के कच्चे  
ले अधकचरा ज्ञान  
नष्ट करे जवानी

पवित्र पाकर शिक्षा  
माँगे नौकरी की भिक्षा  
बाप की कमाई पर  
करते मनमानी

धूमिल हुए संस्कृति  
आती जा रही विकृति  
नहीं है कोई जागृति  
करते छेड़खानी



चेतना पाँचाल  
बी.ए. तृतीय वर्ष

## माँ

रिश्तों के तो नाम कई हैं,  
पर माँ होना आसान नहीं है।  
अपना हर एक ख्वाब भुलाकर  
खुश रहना आसान नहीं है।

एक एक काम है, माँ के जिम्मे  
समय सारणी सख्त बड़ी है।  
पल पल काम में उलझे रहना  
सच मानो आसान नहीं है।  
माना ये एहसान नहीं है  
किसी पर इल्जाम नहीं है।

पर अंतर्मन की अभिलाषा को  
भुला पाना आसान नहीं है।  
घर छोड़ो तो घर बिगड़ेगा  
मन तोड़ो तो मन बिगड़ेगा  
दोनों को समेट के चलना  
ये भी तो आसान नहीं है।



सबसे कठिन तो तब लगता है।  
जब कोई नहीं समझ पाया ये  
कि कैसे माँ ने पूरी की है।  
हर रिश्ते की जिम्मेवारी

कर कर के भी नाम ना मिलन।  
हक को वो सम्मान ना मिलना।  
हंसकर सब कुछ टालते रहना  
बिल्कुल भी आसान नहीं है।

रीना  
बी.ए. तृतीय वर्ष

## माँग जहाँ से सब कुछ आये

माँग जहाँ से सब कुछ आये, माटी से क्यूँ आस लगाये ।

बीज अकसर तेरे बीच रमा है, जो सारा संसार चलाये ।

माँग जहाँ से सब कुछ आयें । .....

कोई जन धन से महान कहलाये, कोई तन से बलवान कहलाये

सुंदर काया शव कहलाये, जिस तन से श्री राम सिधाये

राम ही धन है, राम ही शक्ति, राम ही बेड़ा पर लगाये

माँग जहाँ से सब कुछ आयें । .....

जीवन एक हवा का झोंका , आज उठा है कल ना रहेगा

ये मेरा है, वो मेरा है, वो तो रहेगा, तू न रहेगा

राम सदा थे, राम सदा है, जुग जुग चाहे बीत ही जाएँ

माँग जहाँ से सब कुछ आयें । .....

वायु, सागर, अग्नि, माटी, राम कृपा ने बनाये हैं

इन सारे तत्वों को मिलाकर, पुतले सभी बनाये है

राम ही धड़कन है पुतले की, राम ही इस की साँस चलाये

माँग जहाँ से सब कुछ आयें । .....



चेतना पाँचाल  
बी.ए. तृतीय वर्ष

## जीवन संघर्ष है

उठो चलो आगे बढ़ते रहो ।

जीवन संघर्ष है लड़ते रहो ।

हार कोई विकल्प नहीं है

जीत कोई मंत्र नहीं है ।

आलस्य निराशा त्यागकर तुम,

जी जान से कोशिश करते रहो ।

जीवन संघर्ष है लड़ते रहो ।

मेहनत कभी व्यर्थ नहीं होती,

संघर्ष बिना जीवन का कोई महत्व नहीं होता ।

रंग लायेगी मेहनत एक दिन,

बस लगातार लक्ष्य को पाने में लगे रहो ।

जीवन संघर्ष है लड़ते रहो ।

कौन है जो गिरा नहीं,

हारा वही होगा जो गिर के उठा नहीं ।

उठो चलो आगे बढ़ते रहो

जीवन संघर्ष है लड़ते रहो ।

रेनू  
बी.ए. द्वितीय



## कदम मिलाकर चलना होगा

बाधाएँ आती है आएँ  
घिरे प्रलय की घोर घटाएँ,  
पावों के नीचे अंगारे,  
सिर पर बरसे यदि ज्वालाएँ,  
निज हाथों में हँसते-हँसते,  
आग लगाकर जलना होगा ।  
कदम मिलाकर चलना होगा ।  
हास्य-रुदन में, तूफानों में,  
अगर असंख्यक बलिदानों में,  
उद्यानों में, वीरानों में,  
अपमानों में, सम्मानों में  
उन्नत मस्तक, उभरा सीना,  
पीड़ाओं में पलना होगा ।  
कदम मिलाकर चलना होगा ।  
उजियारे में, अंधकार में,

कल कहार में, बीच धार में,  
घोर घृणा में, पूत प्यार में,  
क्षणिक जीत में, दीर्घ हार में,  
जीवन के शत-शत आकर्षक,  
अरमानों को ढलना होगा ।  
कदम मिलाकर चलना होगा ।  
सम्मुख फैला अगर ध्येय पथ,  
प्रगति चिरंतन कैसा इति अब,  
सुम्मित हर्षित कैसा श्रम क्षलथ,  
असफल, सफल समान मनोरथ,  
सब कुछ देखकर कुछ न मांगते,  
पावस बनकर ढलना होगा ।  
कदम मिलाकर चलना होगा ।  
कुछ काँटों से सज्जित जीवन,  
प्रखर प्यार से वंचित यौवन,



नीरवता से मुखरित मधुवन,  
परहित अर्पित अपना तन-मन,  
जलना होगा, गलना होगा ।  
कदम मिलाकर चलना होगा ।

संकलनकर्त्री  
संजना  
बी.ए. तृतीय वर्ष

## गिरना भी अच्छा है

गिरना भी अच्छा है,  
औकात का पता चलता है  
बढ़ते हैं जब हाथ उठाने को  
अपनों का पता चलता है

जिन्हें गुस्सा आता है  
वो लोग सच्चे होते हैं  
मैंने झूठों को अकसर  
मुसकुराते हुए देखा है



सीख रही हूँ मैं भी  
मनुष्यों को पढ़ने का हुनर  
सुना है चेहरे पे  
किताबों से ज्यादा लिखा होता है ।

अपर्णा देवी  
बी.ए. तृतीय वर्ष

## हिन्दी भाषा

प्रकृति की पहली ध्वनि ॐ है।  
मेरी हिन्दी भाषा भी इसी ॐ की देन है।  
देवनागरी लिपि है, इसकी देवों की कलम से उपजी  
बांग्ला, गुजराती, भोजपुरी, डोगरी, पंजाबी और कई



हिन्दी ही है, इन सब की जननी  
प्रकृति की कर चीज अपने में सम्पूर्ण है।  
मेरी हिन्दी भाषा भी अपने में सम्पूर्ण है।  
जो बोलते हैं, वही लिखते हैं।  
मन के भाव सही उभरते हैं।  
हिन्दी भाषा ही तुम्हें, प्रकृति के समीप ले जाएगी  
मन की शुद्धि तन की शुद्धि, यह दिला जाएगा।  
कुछ हवा चली है, ऐसी यहाँ  
कहते हैं, इस मातृभाषा को बदल डालो।  
बदल सको क्या तुम अपनी माता को  
मातृभाषा का क्यों बदलाव करो।  
देवो की भाषा का क्या तुम तिरस्कार करो।  
बदल सको तो तुम अपनी सोच को बदल डालो।  
हर एक भाषा का तुम दिल से सम्मान करो।  
हिन्दी की जड़ों पर आओ हम गर्व करें।  
हिन्दी भाषा पर आओ हम गर्व करें।

रीना  
बी.ए. तृतीय वर्ष

## मेहनत

जो तेरे अंदर के साहस को पहचाना लेता है  
कोई है जो तेरे हौंसलों को उड़ान देता है....  
छुपा नहीं रह सकता किसी फनकार के अंदर,  
हर फन परिश्रमी को, मैदान देता है...  
सिर्फ वही बदल सकता है सपनों को हकीकत में,  
जो शख्स जिंदादिल रहकर अपनी जान देता है...  
किस्मत भी कांप उठती है उसकी कोशिशों से  
जो शख्स जिंदगी को कर्मों का तूफान देता है...  
कहने को तो इंसान है सिर्फ मिट्टी का पुतला,  
हीरा है, जो तराशने वाले को शान देता है ....  
यूं तो कितने इंसान है यहाँ एक ही नाम के  
अमर है, जो मेहनत से नाम को पहचान देता है।

संकलन कर्त्री  
संजना  
बी.ए. तृतीय वर्ष

## माँ

घुटनों से रेंगते - रेंगते  
कब पैरों पर खड़ी हुई,  
तेरी ममता की छाँव में,  
जाने कब खड़ी हुई,  
काला टीका, दूध मलाई,  
आज भी सब कुछ कैसा है,  
मैं ही मैं हूँ हर जगह  
माँ प्यार ये तेरा कैसा है?  
सीधी-साधी, भोली भाली  
मैं ही सबसे अच्छी हूँ  
कितना भी हो जाऊँ बड़ी  
माँ! मैं आज भी तेरी बच्ची हूँ।



सीना  
बी.ए. प्रथम वर्ष

## वे आँखें

अंधकार की गुहा सरीखी  
उन आँखों से डरता है, मन  
भरा दूर तक उनमें दारुण  
दैन्य दुख का नीरव रोदन !

वह स्वाधीन किसान रहा  
अभिमान भरा आँखों में इसका  
छोड़ उसे मँझधार आज  
संसार कगार सदृश वह खिसका !

लहराते वे खेत दृगों में  
हुआ बेदखल वह अब जिनसे  
हँसती थी उसके जीवन की  
हरियाली जिनके तृन तृन में !

आँखों ही में घूमा करता  
वह उसकी आँखों का तारा  
कारकुनों की लाठी से जो  
गया जवानी ही में मारा !

संकलन कर्त्री  
काजल  
बी.ए. तृतीय वर्ष

## उड़ान होंसलों की

जब पूछा चिड़िया से कि कैसे बना आशियाना ?  
बोली - भरनी पड़ती है, उड़ान बार-बार  
और तिनका - तिनका उठाना होता है।  
यूँ ही नहीं मिलती राही को मंजिल  
एक जुनून दिल में जगाना होता है।



शिवानी  
बी.ए. तृतीय वर्ष

## संकल्प

दृढ़ है संकल्प तो विकल्प नहीं ढूँढना  
निश्चय जब कर लिया तो संकल्प नहीं तोड़ना  
खुद पर विश्वास और मन में उमंग हो  
कौशल के साथ अमर साहस का रंग हो  
तो किसी भी काम को अधर में नहीं छोड़ना  
निश्चय जब कर लिया.....  
रात्री एक दिन सुबह के साथ आयेगी  
अंधकार चिरकर प्रकाश साथ लायेगी  
ठान लिया एक बार तूँ मुँह नहीं मोडना  
निश्चय जब कर लिया.....  
गीत के लिए संकल्प शुद्ध चाहिए  
आलस प्रमाद के विरुद्ध युद्ध चाहिए  
हारकर किसी से तू हाथ नहीं जोड़ना  
निश्चय जब कर लिया.....

संकलन कर्त्री  
साक्षी  
बी.ए. तृतीय वर्ष

## नारी

नारी से ही दुनिया सारी है  
नारी ही सब पर भारी है।  
जो ना समझे नारी का मोल,  
खोलते देवता नर्क के डोर।

बिना नारी के नर है अधूरा  
क्या नर बिना नारी है पूरी ?  
दोनों ही सिक्के के पहलू हैं  
दुनिया दोनों से ही चलती है।

यह ममता की नहीं परमात्मा की मूरत हैं  
जिसके एक नहीं अनेक सूरत हैं।



अपर्णा देवी  
बी.ए. तृतीय वर्ष

## राम मंदिर अयोध्या

अयोध्या में राम मंदिर का निर्माण भारत के इतिहास में एक महत्वपूर्ण और परिवर्तनकारी घटना है। राम जन्म भूमि के पवित्र स्थल पर निर्मित, इस मंदिर का अत्याधिक सांस्कृतिक, धार्मिक और ऐतिहासिक महत्व है। इस मंदिर के निर्माण की यात्रा राष्ट्र के जटिल सामाजिक राजनीतिक परिदृश्य को दर्शाती है।



अयोध्या विवाद की जड़ें इतिहास की गहराइयों में समा गई हैं, विवादित स्थल को भगवान राम का जन्म स्थान माना जाता है। भूमि को लेकर हुए कानूनी और राजनीतिक संघर्ष का समापन 2019 में सुप्रीम कोर्ट के ऐतिहासिक फैसले के साथ हुआ, जिसने राम मंदिर के निर्माण का मार्ग प्रशस्त किया। सर्वसम्मत फैसले ने सौहार्दपूर्ण समाधान और सांप्रदायिक सदभाव की आवश्यकता पर बल दिया।

मंदिर का स्थापत्य नागर शैली का अनुसरण करता है जो जटिल शिल्प कौशल और डिजाइन का दर्पण प्रस्तुत करता है। ऊंचे शिखर मंदिर की भव्यता में चार चांद लगाते हैं। निर्माण प्रक्रिया में पारंपरिक और आधुनिक तकनीकों का मिश्रण विरासत और प्रगति के सम्मिश्रण का प्रतीक है। अयोध्या में राम मंदिर का निर्माण केवल एक धार्मिक उपक्रम नहीं है, बल्कि सदियों से चले आ रहे विवाद के समापन का प्रतीक है। यह मंदिर एक आशा की किरण बनकर उभर रहा है, जो राष्ट्रीय गौरव और एकजुटता की भावना को बढ़ावा दे रहा है। मंदिर के निर्माण के पूरा होने से दुनिया भर के भक्तों और पर्यटकों को आकर्षित करने की उम्मीद है, जिसमें अयोध्या एक महत्वपूर्ण तीर्थस्थल और सांस्कृतिक केंद्र बन जाएगा।

निष्कर्ष यह है कि, अयोध्या में राम मंदिर भारत के सांस्कृतिक और धार्मिक ताने-बाने के विविध पहलुओं को समाहित करता है। विवाद के निर्माण तक की यात्रा राष्ट्र की चुनौतियों का सामना करने और सांझा आधार खोजने की क्षमता का प्रतिनिधित्व करती है, अंततः भारत की विरासत के समृद्ध चित्र में योगदान देती है।

स्नेहा बेदी  
बी.ए. तृतीय वर्ष

## संगीत में तबले का महत्व

संगति गायन वादन और नृत्य को संगति करने के लिए आजकल तबला बहुत प्रचलित है। अबनद्ध वाद्यों में सबसे अधिक महत्व पाने वाला यही वाद्य है। प्राचीन वाद्य मृदंग पखावज का महत्व आजकल कम हो गया है। क्योंकि आजकल खयाल गायन का अधिक प्रचार है। और खयाल गायन के साथ संगत हेतु तबला ही उपयुक्त है। प्राचीन समय में ध्रुपद, धमार का बहुत महत्व होता है। इसलिए प्रचार में मृदंग एवं पखावज ही रहे। इसमें मृदंग और पखावज की विशेषताएँ भी हैं और बजाने में सरल भी है। पखावज के सारे बोल इस पर बज सकते हैं, जबकि पखावज पर तबले की लम्बी बड़ी, गते नहीं बजाई जा सकती। शास्त्रीय संगीत की सभी गायन शैलियाँ व वादन शैलियों के साथ यह बज सकता है। सुगम संगीत में गजल, शब्द, गीत, भजन आदि के साथ बजने वाली वालें जैसे – कहरवा, रूपक, दादरा सभी इस पर अच्छी तरह से बज सकती हैं। आज तबले का प्रचार दिनों-दिन बढ़ता जा रहा है। इस पर द्रुत गति के साथ बोल साफ़ व स्पष्ट सुनाई देते हैं। आजकल दुंगे पर सा, रे, ग, म, प, ध, नि पूरे सात स्वर बजाए जा सकते हैं। बनावट एवं वादन में सुगमता की दृष्टि से भी तबला योग्य वाद्य स्वीकार किया जाता है।

दिशा  
बी.ए. प्रथम

## भानगढ़ का किला

राजस्थान के दिल जयपुर में स्थित एक डरावने व भूतिया किले को भानगढ़ के किले के नाम से जाना जाता है। भानगढ़ किला सत्रहवीं शताब्दी में बनवाया गया था। इस किले का निर्माण मान सिंह के छोटे भाई माधो सिंह ने करवाया था। राजा माधो सिंह उस समय अकबर की सेना में जनरल के पद पर तैनात थे। उस समय भानगढ़ की जनसंख्या तकरीबन दस हजार थी। भानगढ़ अलवर जिले में स्थित एक शानदार किला है जो कि बहुत ही विशाल आकार में तैयार किया गया है। चारों तरफ से पहाड़ों से घिरे इस किले में बेहतरीन शिल्प कलाओं का प्रयोग किया गया है। इसके अलावा इस किले में भगवान शिव, हनुमान आदि के बेहतरीन और अति प्राचीन मंदिर विद्यमान हैं। इस किले में कुल पांच द्वार हैं और साथ-साथ एक मुख्य द्वार भी है। इस किले में मजबूत पत्थरों का प्रयोग किया गया है। भानगढ़ किले पर काले जादुगर सिंधीया का शाप अभी भी छाया हुआ है। कहा जाता है कि भानगढ़ की राजकुमारी रत्नावती नाम के ही अनुरूप बेहद खूबसूरत थी। उस समय उनके रूप की चर्चा पूरे राज्य में थी। अन्य राज्यों के राजकुमार भी उनसे विवाह करने के इच्छुक थे। उस समय राजकुमारी की उम्र केवल 18 वर्ष थी। कई राज्यों से उनके लिए विवाह के प्रस्ताव आ रहे थे। उसी दौरान वो एक दिन अपनी सखियों के साथ बाजार में चली गई।

राजकुमारी रत्नावती एक इत्र की दुकान पर पहुँची और वो इत्रों को हाथों में लेकर उसकी खुशबू ले रही थी। उसी समय उस दुकान से कुछ ही दूरी पर एक सिंधीया नाम का व्यक्ति खड़ा होकर उन्हें बहुत गौर से देख रहा था। सिंधीया उसी राज्य में रहता था और वो काले जादू का महारथी था। ऐसा कहा जाता है कि वो राजकुमारी के रूप का दिवाना था। वह राजकुमारी से प्रेम करता था। वो किसी भी तरह राजकुमारी को हासिल करना चाहता था। इसलिए उसने उस दुकान के पास आकर एक इत्र की बोतल जिसे रानी पसंद कर रही थी,



उसने उस बोतल पर काला जादू कर दिया जो राजकुमारी के वशीकरण के लिए किया था। लेकिन राजकुमारी ने उस इत्र की बोतल को उठाया और वहीं पास के एक पत्थर पर पटक दिया। पत्थर पर पटकते ही वह बोतल टूट गई और सारा इत्र उस पत्थर पर बिखर गया। इसके बाद से ही वो पत्थर फिसलते हुए उस तांत्रिक सिंधीया के पीछे चल पड़ा और तांत्रिक को कुचल दिया, जिससे उसकी मौत के पर ही मौत हो गई। मरने से पहले उस तांत्रिक ने शाप दिया कि इस किले में रहने वाले सभी लोग जल्द ही मर जाएंगे और वो दोबारा जन्म नहीं ले सकेंगे और ताउम्र उनकी आत्माएं इस किले में भटकती रहेंगी। उस तांत्रिक की मौत के कुछ दिनों बाद ही भानगढ़ और अजबगढ़ के बीच युद्ध हुआ जिसमें किले में रहने वाले सारे लोग मारे गए। यहाँ तक कि राजकुमारी रत्नावती भी इस शाप से नहीं बच सकी और उनकी भी मौत हो गई। एक ही किले में एक साथ इतने बड़े कल्लेआम के बाद मौत की चीखें गूँज गई और कहा जाता है कि आज भी उनकी रूहें उस किले में घूमती हैं। किले में सूर्यास्त के बाद प्रवेश निषेध है। इस किले में जो भी सूर्यास्त के बाद गया वो कभी वापिस नहीं आया। कई बार लोगों को रूहों ने परेशान किया और कुछ लोगों को अपनी जान से हाथ धोना पड़ा।

मुस्कान

बी.ए. द्वितीय वर्ष

## असंभव कुछ नहीं

आधुनिक जीवन में हमारे सामने बहुत सी समस्याएँ आती हैं। हमारे जीवन में आने वाले हर एक व्यक्ति, वस्तु, स्थान हमें प्रभावित करते हैं। यही नहीं हमारी खान, पान की वस्तुओं से भी हमारा स्वास्थ्य प्रभावित होता है। आसमान में विचर रहे वह तारे आपके जीवन में कहीं विचरते हैं। ध्यान, संयम, नियम, योग आपके कैसे काम आता है ये बहुत बड़ी चर्चा है जिसका ना कोई ओर है, ना छोर, जिसका कोई अंत नहीं। मेरा पूर्ण प्रयत्न है कि जो कुछ भी मैंने खुद सहा, भोगा है और पाया है वो आपके साथ सकारात्मक दृष्टिकोण लेकर बाँटू।

### असंभव शब्द आपके शब्दकोश में न रखें

अगर मेरी विचारधारा, मेरी दिनचर्या से मेरा वजन घट सकता है और मैं बहुत सारी कठिनाइयों से ऊपर आ सकती हूँ तो निश्चित ही आप सभी समस्याओं से निजात या छुटकारा पा सकते हैं। दुनिया के शब्दकोश में “असंभव” नामक शब्द नहीं हैं, जो व्यक्ति इस शब्द के शरण में चला जाता है उसके लिए उन्नति के द्वार बंद हो जाते हैं। यदि आप हर समस्या को सकारात्मक दृष्टिकोण से देखते हैं तो उसका हल निश्चित ही निकल आएगा। इसके लिए हमें कोशिश करने की आदत होनी चाहिए। कभी भी हार न मानने की आदत होनी चाहिए।



इसलिए हमें अपनी जिन्दगी से असंभव शब्द दूर हटाना होगा। जिससे हम अपने लक्ष्य तक आसानी से पहुँच सकते हैं।

### रंगों को जिन्दगी में जगह दें

रंगों का हमारे जीवन में बहुत महत्त्व है। हर एक वस्तु में रंग होता है। कुछ रंग ऐसे होते हैं जो हमारे अंदर सकारात्मक विचारों को उत्पन्न करते हैं और कुछ रंग ऐसे भी होते हैं जो भड़कीले होते हैं हम बात करते हैं सफेद और काले रंग की, हरे और लाल रंग की, पीले और केसरिया रंग की। रंग है तो जिन्दगी है और जिन्दगी में रंग है इसलिए जिन्दगी है तो फिर पीले, सफेद का भेद कैसा? क्यों विधवा को सफेद और साधु का लिबास पीला, जबकि सिंदूर भी केसरिया और चौगा भी। दरअसल भेद रंगों में नहीं, प्रेम में है, आस्था में है, विश्वास में है, रंग बोलते हैं अपनी भाषा, निःसर्ग के अनुसार लबादा ओढ लेते हैं। फूल-पौधे, मिट्टी, आसमान, गृह-नक्षत्र सभी के अपने-अपने रंग हैं और जब जरूरत का रंग बोलता है तो सब रंग फीके पड़ जाते हैं और आज की जरूरत क्या है? आज की जरूरत है एक मानसिकता, एक स्वस्थ शरीर जो हमेशा ही जरूरत रहेगा और उसका रंग आपको चढ़ेगा तो आपको दुनिया रंगीन दिखेगी।

आप दुनिया में कैसे भी आए हो - अमीर, गरीब आदि। परंतु आप बन बहुत कुछ सकते हैं बस कोशिश करने की आवश्यकता है। यदि आप कुछ करने की ठान लो तो कुछ भी असंभव नहीं है। अंत में यही कहना चाहती हूँ कि खुद को सुंदर बनाइये तन से भी और मन से भी।

अंजु  
बी.ए. द्वितीय वर्ष

## विश्वास करो कर्म में



मैं निर्धन (गरीब) हूँ,  
तुम मुझे मिटाना चाहती हो,  
या कुछ करके दिखाना चाहते हो,  
पर मुझे प्रिय हो  
मैं तुम्हें प्रेम करती हूँ।

इसीलिए फटे पुराने कपड़े पहनते हो,  
फैलाकर हाथ बाबू जी बाबू जी करते हो।  
मैं तुम्हारा नसीब हूँ,  
इसीलिए तुम्हारे करीब हूँ।

लेकिन तुम चाहो तो कीचड़ में कमल खिला सकते हो  
धरती आकाश मिला सकते हो।

मुझको समझो, श्रम को अपनाओ,  
मैं तुम्हारी पाठशाला हूँ,

पढ़कर विश्वास करो कर्म में,  
जागो, उठो जमाने को हिला दो  
इस दुनिया से अज्ञान के साथ मुझे भी मिटा दो।  
देखो विश्वास बुला रहा है।  
उगता सूरज तुम्हें राह दिखा रहा है।

अजंली  
बी.ए. द्वितीय वर्ष

## सोशल मीडिया

- ★ सोशल मीडिया मूल रूप से कम्प्यूटर या मानव संचार या जानकारी के आदान-प्रदान करने से जुड़ा होता है।
- ★ सोशल मीडिया अब संचार का सबसे बड़ा माध्यम बन रहा है।
- ★ यह संसार में तेजी से लोकप्रियता प्राप्त कर रहा है।
- ★ सोशल मीडिया आपको विचारों, सूचना और समाचार इत्यादि को बहुत तेजी से एक दूसरे से साझा करने में सक्षम बनाता है।
- ★ एक बटन दबाने पर ही हमारे पास अंत्यत विस्तृत सकारात्मक और नकारात्मक किसी भी प्रकार की जानकारी पहुँच जाती है।
- ★ कोई भी जानकारी, समाचार इत्यादि सभी सोशल मीडिया के माध्यम से प्राप्त किए और भेजे जा सकते हैं।
- ★ कई चिकित्साकों का मानना है कि सोशल मीडिया लोगों में निराशा और चिंता पैदा करने वाला एक कारक है।
- ★ ये बच्चों में खराब मानसिक विकास का भी कारण बनते जा रहे हैं।
- ★ उपयोगकर्ता हैकिंग, आइडेंटिटी को चोरी, किशिंग अपराध इत्यादि जैसे साइबर अपराधों का शिकार हो सकता है।



सोनू  
बी.ए. द्वितीय वर्ष

## जरा सोच समझकर

लोग एक-दूसरे से कहते हैं, जरा सोच-समझकर काम करना, यह एक मुहावरा हो गया है। इससे बार-बार सुनने पर ऐसा लगता है कि सोचना समझना एक ही मानसिक क्रिया के दो पहलू हैं। हम सोचने की क्रिया के साथ समझने को भी लपेट लेते हैं। लेकिन सयानों से पूछें, तो वे कहते हैं, ये दो बिल्कुल अलग बातें हैं। इन दोनों में इतना ही फर्क है, जितना कि देखना और अंधेरे में टटोलने में होता है। ओशो ने इन दोनों में बड़ा फर्क बताया है। वह कहते हैं कि सोचना, समझ का अभाव है। हम सोचते ही इसलिए हैं, क्योंकि हम समझते नहीं, जब समझ आती है, तो सोचना विदा हो जाता है। सोचने में विचार अंदर ही अंदर घूमते रहते हैं। सोचने में अनुमान होता है, तर्क होता है, फिर भी सही गलत का पता नहीं चलता।



सोचने में प्रश्न पैदा होते हैं, पर उत्तर नहीं मिलते। समझ के साथ कोई प्रश्न नहीं, बल्कि उत्तर है। क्योंकि समझ हृदय में पैदा होती है, जैसे अंधेरे में एक दिया जल गया, अचानक रोशनी हो गई और चीजें साफ हो गईं। समझ ध्यान से पैदा होती है। ध्यान की ऊर्जा आपको अपने भीतर गहरे ले जाती है और आप उस जगह पहुंचते हैं, जहाँ समझ का सरोवर होता है, एक शीतल स्रोत वहाँ से जो बुलबुला उठता है, वह है समझ। समझ को जगाने के लिए रोज कुछ समय अपने साथ शांत होकर बैठना होगा। अकेले में चुपचाप, बिना किसी तनाव के फिर आंखें बंद करके अपने भीतर डुबकी लगाने की कोशिश करें। जैसे-जैसे मौन जगा होगा, आप पाएंगे कि कोई रोशनी सी उठ रही है, यह जो मौन केंद्र है, यही है समझ का स्थान।

ज्योति

बी.ए. तृतीय वर्ष

## ज्ञान

एक युवक कार से यात्रा कर रहा था। शहर से बहुत दूर जंगल में उसकी कार खराब हो गई। युवक ने बहुत प्रयत्न किया उसे ठीक करने का पर वह ठीक नहीं हो सकी। संयोग की बात एक मैकेनिक उधर से गुजरा। युवक ने उससे कार ठीक करने को कहा। वह बोला, “कार ठीक कर दूंगा, पर रूपये एक हजार लूँगा”। युवक निरुपाय था। उससे अपनी स्वीकृति दे दी। मैकेनिक ने कार के इंजन को देखा, हथौड़ा हाथ में लिया, एक बार इंजन पर चोट की और कार स्टार्ट हो गई। युवक विस्फारित आँखों से उसकी ओर देख रहा था। काम पूरा होने पर उसने एक हजार रूपये माँगे। युवक “यह क्या?” एक चोट के एक हजार रूपये?” मैकेनिक ने मुस्कराते हुए बोला - “बाबू जी। यह एक हजार रूपये चोट करने के नहीं है। चोट करने का मूल्य एक रूपया है। शेष 999 रूपये तो चोट कहाँ, किस समय और कैसी करनी है इसके हैं।” युवक को समाधान मिल गया।



नेहा

बी.ए. तृतीय वर्ष



# भारतीय संस्कृति

भारत संस्कृतियों से समृद्ध देश है जहाँ अलग-अलग संस्कृतियों के लोग रहते हैं। हमारी भारतीय संस्कृति सब कुछ है जैसे दूसरों के साथ व्यवहार करने का तरीका, विचार, प्रथा जिसका हम अनुसरण करते हैं। कला, हस्तशिल्प, धर्म, खाने की आदत, त्योहार, मेले, संगीत और नृत्य आदि संस्कृति का हिस्सा है।

## भारत की विभिन्न संस्कृतियाँ

### 1. भाषा, धर्म और पंथ

भारत की राष्ट्रीय भाषा हिन्दी है हालांकि विभिन्न राज्यों और केन्द्र शासित प्रदेशों में लगभग 22 अधिकारिक भाषाएँ और 400 दूसरी भाषाएँ प्रतिदिन बोली जाती है। इतिहास के अनुसार, हिन्दू और बुद्ध धर्म जैसे धर्मों की जन्मस्थली के रूप में भारत को पहचाना जाता है।



### 2. वेशभूषा और खानपान

भारत अधिक जनसंख्या के साथ एक बड़ा देश है जहाँ विभिन्न धर्मों के लोग अपनी अनोखी संस्कृति के साथ एकसाथ रहते हैं। भारत एक ऐसा देश है जहाँ देश के अलग-अलग हिस्सों में भिन्न-भिन्न भाषाएँ बोली जाती है आमतौर पर यहाँ के लोग वेशभूषा, सामूहिक मान्यताओं, प्रथा और खाने की आदतों में भिन्न होते हैं।



### 3. पर्व और जयंतियाँ

विभिन्न सामाजिक कार्यक्रमों सहित हम कुछ राष्ट्रीय उत्सवों को एक साथ मनाते हैं जैसे गणतंत्र दिवस, स्वतंत्रता दिवस, गांधी जयंती आदि। बिना एक दूसरे में टाँग अड़ाये बेहद खुशी और उत्साह के साथ देश के विभिन्न भागों में विभिन्न धर्मों के लोग अपने त्योहारों को मनाते हैं।

### निष्कर्ष -

कुछ कार्यक्रम जैसे बुद्ध पूर्णिमा, महावीर जयंती, गुरु पर्व आदि कई धर्मों के लोगों द्वारा एकसाथ मनाया जाता है। भारत अपने विभिन्न सांस्कृतिक नृत्यों जैसे शास्त्रीय ( भरत नाट्यम, कथक, कथक कली, कुच्ची पुड़ी) और अपने क्षेत्रों के लोक नृत्यों के अनुसार बहुत प्रसिद्ध है। पंजाबी भाँगड़ा करते हैं, गुजराती गरबा करते हैं, राजस्थानी घूमर करते हैं, आसामी बीहू करते हैं। इसलिए भारत दुनियाभर में अपने विभिन्न संस्कृतियों के लिए प्रसिद्ध है।

संजना

बी.ए. तृतीय वर्ष

## रामायण से लिए कुछ प्रेरणादायक प्रसंग

**विविधता में एकता :** विविधता में एकता रामायण की बड़ी सीख है। इस महाकाव्य में जब श्री राम-लंका पर चढ़ाई करने जाते हैं तो उनकी सेना में मनुष्यों से लेकर बंदर और अन्य जानवर भी शामिल थे। सभी ने श्री राम का साथ दिया इसके अलावा राजा दशरथ के चारों बेटों का चरित्र अलग होने के बावजूद भी उनमें एक जुटता रहती है। यह हर परिवार के लिए दुःख के समय से बाहर निकलने की सीख है।

**रिश्ते और विश्वास का महत्व :** श्री राम ने सब कुछ जानते हुए भी कौकई को दिया वचन निभाया। वहीं सभी भाइयों में प्रेम था। ऐसे में लालच, गुस्से या विश्वासघात के लिए जगह नहीं थीं। लक्ष्मण ने 14 साल तक भाई राम के साथ वनवास किया, वहीं दूसरे भाई भरत ने



राजगद्दी के अवसर को तुकरा दिया भाइयों के प्यार की यह सीख हमें लालच और सांसारिक सुखों के बजाय रिश्तों को महत्व देने के लिए प्रेरित करती है।

**मर्यादा और अनुशासन :** श्रीराम का व्यक्तित्व मर्यादा और अनुशासनपूर्ण था। उन्होंने मर्यादाओं में रहकर अपने जीवन से हमें यही सीखना चाहिए कि मर्यादा और अनुशासन में रहकर हम एक अच्छे इंसान बन सकते हैं।

**दया और प्रेम :** श्रीराम शांत स्वभाव के थे। उनमें हर इंसान के लिए दया का भाव था। उन्होंने प्रेम और दया के साथ एक पुत्र, पति, भाई और एक राजा की जिम्मेदारियों को भी अच्छे से निभाया। श्रीराम का ये स्वभाव आपसी प्रेम और सम्मान जैसे मानवीय गुणों को अपनाकर हमें प्रेरित करता है। इन गुणों को अपनाकर हम खुशहाल जीवन जी सकते हैं।

**सबसे समान व्यवहार :** भगवान राम का विनम्र आचरण और सभी के प्रति सम्मान का भाव हमको सीख देता है। हमें पद, उम्र, लिंग आदि के भेदभावों के बावजूद सबसे समान व्यवहार करना चाहिए। पशुओं के प्रति प्यार और दया भी हमारे मन में होनी चाहिए। सच्चा मानव वहीं है जो सबसे समानता से पेश आता है।

चेतना पाँचाल  
बी.ए. तृतीय वर्ष

### ज्ञान

एक अमरीकी प्रोफेसर बौद्ध धर्म सीखने एक जापानी बौद्ध गुरु के पास गया। गुरु प्रोफेसर के लिए एक कप में चाय डालना शुरू करते हैं। थोड़ी देर बाद प्याला छलकने लगता है तो प्रोफेसर चिल्लाता है, “रुकिए, इस कप में और चाय नहीं आ सकती।” गुरु ने जवाब दिया, “ठीक इसी तरह, आपका दिमाग भी अपने ही विचारों से भरा हुआ है, जब तक आप अपना दिमाग बौद्ध धर्म सीखने के लिए खाली नहीं कर लेते, मैं आपको कैसे सिखा सकता हूँ?”

अपर्णा देवी  
बी.ए. तृतीय वर्ष

## गुरु की उर्जा सूर्य सी

गुरु की उर्जा सूर्य-सी, अम्बर-सा विस्तार ।  
गुरु की गरिमा से बड़ा, नहीं-कहीं आकार ।।  
गुरु का सद्सान्निध्य ही जग में है उपहार ।  
प्रस्तर को क्षण-क्षण गढ़े, मूरत हो तैयार ।।  
गुरु वशिष्ठ होते नहीं, और न विश्वामित्र ।  
तुम्हीं बताओ राम का, होता प्रखर चरित्र ।  
गुरुवर पर श्रद्धा रखें, हृदय रखें विश्वास ।  
निर्मल होगी बुद्धि तब, जैसे रूई-कपास ।।  
गुरु की करके वंदना, बदल भाग्य के लेख ।  
बिना आँख के सूर ने, कृष्ण लिए थे देख ।।  
गुरु से गुरुता ग्रहणकर, लघुता रख भरभूर ।  
लघुता से प्रभुता मिले, प्रभुता से प्रभु दूर ।  
गुरु की कर आराधना, अहंकार को त्याग ।  
गुरु ने बदले जगत में, कितने ही हतभाग ।  
गुरु की पारस दृष्टि से, लोह बदलता रूप ।  
स्वर्ण कांति-सी बुद्धि हो, ऐसी शक्ति अनूप ।।  
गुरु ने ही लव-कुश गढ़े, बने प्रतापी वीर ।  
अश्व रोक कर राम का, चला दिए थे तीर ।।  
गुरु ने साधे जगत के, साधन सभी असाध्य ।  
गुरु-पूजन, गुरु-वंदना, गुरु ही है आराध्य ।  
गुरु से माता शिष्य का, श्रद्धा भाव अनन्य ।  
शिष्य सीखकर धन्य हो, गुरु भी होते धन्य ।।  
गुरु के अंदर ज्ञान का, कल-कल करे निनाद ।



जिसने अवगाहन किया, उसे मिला मधु-स्वाद ।।  
गुरु के जीवन मूल्य ही, जग में दे संतोष ।  
अहम मिटा दे, बुद्धि के, मिटे लोभ के दोष ।।  
गुरु चरणों की वंदना, दे आनंद अपार ।  
गुरु की पदरज तार दे, खुलें मुक्ति के द्वार ।  
गुरु की दैविक दृष्टि ने, हरे जगत के क्लेश ।  
पुण्य-कर्म-सद्कर्म से, बदल दिए परिवेश ।।  
गुरु से लेकर प्रेरणा, मन में रख विश्वास ।  
अविचल श्रद्धा भक्ति ने, बदले हैं इतिहास ।।  
गुरु ही सीचें बुद्धि को, उत्तम करे विचार ।  
जिससे जीवन शिष्य का, बने स्वयं उपहार ।।  
गुरु गुरुता को बाँटते, कर लघुता का नाश ।  
गुरु की भक्ति युक्ति ही, काट रही भवपाश ।

अंकिता  
बी.ए. तृतीया वर्ष

## आँखें

आँखें, अक्सर धोखा दे जाती हैं  
कभी मेरे झूठ, कभी मेरी बात से  
मुकर के, मुझे एक मौका दे जाती हैं  
कि मैं अडिग रहूँ अपने सच पर,  
वो साथ देगी, भले फिर शर्म लिये,  
झुक के, नम होकर भी दृढ़ता लिये।  
उठकर, गिरकर, ये आँखें एक अदा  
एक भाव अनोखा दे जाती हैं।

कुछ आँखें ऐसी होती हैं

जिनमें विश्वास झलकता है।

मेरे हर सही-गलत को मानो

कोई है, जो परखता है

इस अनजान, अजब दुनिया में

रोज नया कोई मिल जाता है

पर इन कुछ आँखों को देख

मेरा हर दोष बिलख उठता है

क्रोध, घृणा और द्वेष से लेकर

प्यार, चिंता, पागलपन तक

सब कुछ “कह” जाती है ये दोनों

फिर भी ख्वाब संजो के रह जाती हैं

कभी ये समझे छल करके

अंतर का झरोखा दे जाती है

हर्षिता गौड़  
बी.ए. द्वितीय वर्ष

## जहाँ चाह, वहाँ राह

जीवन में सफल होना हम सभी का  
सपना होता है। सफलता एक ऐसी  
स्थिति है जिसमें हम अपने लक्ष्यों को  
प्राप्त करते हैं तथा जीवन में संतुष्टि का  
आनंद उठाते हैं। परन्तु सफल होना  
आसान नहीं होता, इसे प्राप्त करने के  
लिए बड़ी मेहनत की आवश्यकता  
होती है। कहते हैं – “जहाँ चाह, वहाँ



राह, यह एक प्रेरक कथन है जो हमें  
सिखाता है कि जीवन में सफल होने के लिए परिश्रम और इच्छा का गहरा  
संबंध होता है।

परिश्रम, सफलता के मार्ग में एक महत्वपूर्ण कुंजी है। जब हम सफलता  
की ऊँचाइयों को छूना चाहते हैं, तो परिश्रम हमारा सच्चा साथी बन जाता  
है। सफलता प्राप्त करने के लिए परिश्रम की आवश्यकता अनमोल है,  
और यह सीख हमें बचपन से ही दी जाती है।

चाह वह आग है जो हमें अपने कर्म पथ पर अग्रसर रहने के लिए प्रेरित  
करती है। यदि हमारे मनो में सफल होने के लिए चाह ही नहीं तो हम अपने  
जीवन में कभी भी सफलता प्राप्त नहीं कर पाएँगे। चाह दीपक के तेल के  
समान है। जैसे जब तक तेल रहता है तब तक ज्योति प्रज्वलित रहती है  
उसी प्रकार जब तक सफल होने की चाह रहती है तब तक सफल होने के  
प्रयास करते हैं।

यह तो ऋषि शुरु से ही कहते आए हैं कि

“करत-करत अभियास के जड़मति होत सुजान।”

इसलिए यदि हमें सफल होना है तो हमें प्रयास करने ही होंगे। प्रयास करने  
अथवा निरंतर प्रयासरत रहने के लिए चाह होना आवश्यक है। यदि मन में  
किसी कार्य के प्रति रुचि ही नहीं तो उसमें सफलता के अनुमान भी कम हो  
जाते हैं।

अपर्णा देवी  
बी.ए. तृतीय वर्ष

## युवा माँगे जवाब अब

भर्ती निकले तो इम्तहान नहीं  
परीक्षा हो तो परिणाम नहीं  
परिणाम निकले तो जॉइनिंग का नाम नहीं  
आखिर क्यों युवाओं का सम्मान नहीं ?  
बस करो मजाक अब  
युवा माँगे हिसाब अब  
बात करो संवाद करो  
दो हमारे प्रश्नों का जवाब अब  
क्यों हर भर्ती पंचवर्षीय योजना है ?  
किस नए भारत की ये परियोजना है ?  
कैसी ये परीक्षा प्रणाली है ?  
आपने युवाओं की छीन ली जवानी है ।  
क्यों पेपर में गलत सवाल डालते ?  
फिर 100-100 रूपये का व्यापार करते  
रैंक लिस्ट का नहीं प्रावधान करते

इंतजार लिस्ट का नहीं समाधान करते  
साहब, दो-चार हो तो बोल .....  
अरे आप तो जुल्म हजार करते  
जागो सरकार जागो, बस यही कहना है  
हमारी समस्याओं पर ध्यान दो  
1 वर्ष के भीतर पूरी प्रक्रिया हो  
वादा नहीं, बस नौकरियाँ हो ।  
युवाओं से भी कुछ कहना है,  
अब और नहीं सहना है  
बुलंद अपनी आवाज़ करो  
आज कुछ ऐसी हुँकार भरो  
रुकना नहीं, झुकना नहीं  
अपने हकों का करना है हिसाब अब ।।

हर्षिता गौड़  
बी.ए. द्वितीय वर्ष

## शिक्षक

- ★ जब पहला पग पड़ा विद्यालय में तब मैं कोरा पन्ना था मुझे भी शिक्षा ग्रहण करके एक अच्छा इंसान बनना था ।
- ★ हाँ साथ दिया मेरे शिक्षकों ने और सिखाई हर नई बात मुझे अपनी लिखी हुई पंक्तियों में मैं नमन करूंगा आज उन्हें ।
- ★ तेरे उपकारों को हे अध्यापक हम जन्मों तक न भूलेंगे, याद आएगी बहुत तुम्हारी जब कामयाबी का झूला झूलेंगे ।
- ★ दृढ संकल्प लेना सिखाते हो हमें संस्कारों का महत्व सिखाते हो भटके हुए हर राही को सफलता का मार्ग दिखाते हो ।
- ★ नजर सब पर एक समान हो ना कभी शिष्यों में भेदभाव करें किसी नादान से गलती हो जाए तो सीख देकर माफ करते ।
- ★ हम में छुपे गुणों को तराशकर हम पर हुनर का रंग चढ़ाते है । हर शिक्षक खुद में एक संख्या हैं जो देश को आगे बढ़ाते हैं ।



सुनैना

बी.ए. तृतीय

## हरियाणवी कविता

सारे जग में हांड देखलयो  
किते यू पहराण नहीं सै  
अर मर्द समान मंडासे आली  
या गुड़ की खान नहीं सै-2

धरती तै लेके अर अंबर तई  
या सारा कोए अपना परचम लहरारी सै  
अर बेटी बचाओ बेटी पढ़ाओ का नारा या  
सारे जग में गुनगुनारी सै -2

या माटी की वा मूरत सै  
जो उठै सदियां सूरज तै पहलयां  
अर कुणबे पै कौए बिगन पड़ै जै  
डट कै करे सामना

मार मंडासा खेता नै जावै  
लेरी मर्दा तै हौड़  
रै फ़ैर क्यूं बेटी के जनमण पै  
कोए ना करदा मरौड़ -2

अंतरिक्ष के गूड़ रहस्य  
या सौ खेत-क्यार  
कारनामे या इसै-2 दिख्लावै  
पावै जिसते सबका प्यार

देश धर्म पे कटण-मरण का  
या जज़्बा गहरा पानी सै  
बेटी बचाओ बेटी पढ़ाओ का नारा  
या सारे जग में गुनगुनारी सै-2

मन में नेई कल्पना लेके  
अर कई सितारा पार  
भारत माँ की शान में जिसने  
चाँद ला दिए चार-2

अपणे नाजुक कंध्या पै  
या बोझ बड़ा-2 ठारी सै  
इब देख्यो दुनिया आलयो  
या बेटी कड़तै लेके अर कड़ तई जारी सै-2

विज्ञान, चिकित्सा अर कला जगत  
या सारे कोए धूम मचारी सै  
एवरऐस्ट पै झंडा गाड़या  
दुनिया मै नाम कमारी सै

इसी गुणा की रगन लालमण  
के बीच गर्भ मरवादयोगे ?-2  
रै अपने बेटे-पोतया नै  
थम बोले क्यूकर वयादोगे-2

छोरी गर्भ मै मारण का पाप छोड़दर्यो  
रे पापियो थारी बुद्धि कित नै जारी सै  
एक या ए अर्ज सै बेटी की  
थारी क्यू समझ ना आरी सै-2



दिव्या  
बी.ए. तृतीय वर्ष

## चौकी परम्परा में संगीत

हरि मन्दिर साहब अमृतसर में कीर्तन करने की चार चौकियां गुरु साहब गुरु अर्जन देव के काल से प्रचलित रही हैं। इनके अतिरिक्त हरि मन्दिर साहब में सांय काल को और भी चौकियां लगती हैं, जिनमें कीर्तन प्रेमी पुरातन रीति से प्रेम भरे शब्द गाते हैं। यह चौकियां छटी पातशाही, गुरु हरगोबिन्द के ग्वालियर के किले में नजरबन्द होने के समय बाबा बुढ़ा जी और भाई गुरदास जी ने जारी की थी। 'अरदास' में भी इन चौकियों का स्मरण किया जाता है। आजकल कुछ चौकियां जो प्रचलित हैं इस प्रकार हैं -

तिपहरे की चौकी (हरि मन्दिर साहब के किवाड़ खुलने के समय गायी जाती है) आंसा दी वार की चौकी, बिलावुल की चौकी, आनन्द की चौकी, चरण कंबल की चौकी, सोदर की चौकी, कानड़ा या कल्याण की चौकी, कीर्तन सोहिले की चौकी। इनके अतिरिक्त सामाजिक जीवन से सम्बन्धित कीर्तन चौकियों का भी महत्व है। जैसे - जन्म के समय, सगाई के समय, विवाह के अवसर पर और मृत्यु के समय की विशेष चौकियों का प्रचलन है। श्री हरिमन्दिर साहब, अमृतसर में आज भी उपर्युक्त चौकियों



के अनुसार कीर्तन किया जाता है। परन्तु अब चार चौकियों में कीर्तन केवल कुछ ऐतिहासिक गुरुद्वारों तक ही सीमित रह गया है। शेष स्थानों पर प्रातः काल आसा दी पार की चौकी और सूर्यास्त होने के उपरान्त सोदर की चौकी, केवल यह दो चौकिया ही अब तक प्रचलित हैं। इस परम्परागत कीर्तन पद्धति के अतिरिक्त आज गुरुद्वारों में कीर्तन करने के लिए कई ढंग से प्रचलित हैं। जैसे - व्याख्या प्रधान कीर्तन, प्रमाण प्रधान कीर्तन, अखण्ड कीर्तन, वाद्य प्रधान कीर्तन, तरजू प्रधान कीर्तन, शब्द रीति प्रधान कीर्तन और राग प्रधान कीर्तन। गुरु ग्रन्थ साहब में पृष्ठ 131 पर राग माझ में गुरु साहब का फरमान है:-

### किनी विधि कीर्तन गाड़ जीउ

अर्थात् कीर्तन करने के लिए कौन-सी विधि को अपनाया जाये, जिससे कीर्तन गुरु घर में स्वीकार हो। इसके उत्तर के रूप में कीर्तन चौकी परम्परा की अमूल्य कीर्तन योजना हमारे समक्ष है। कीर्तन के सन्दर्भ में आज विद्यमान और कीर्तनकारों को गुरु साहबान से प्राप्त संगीत विरासत की सम्भाल हेतु, गम्भीर होने की आवश्यकता है। कीर्तन चौकी परम्परा की शुद्धता को बनाये रखने हेतु इसके लिए उत्तरदायी संस्थाओं की प्रयत्न करने की आवश्यकता है।

डिम्पल  
बी.ए. प्रथम

## सोशल मिडिया का शास्त्रीय संगीत में योगदान

आधुनिक समय में जनसंचार ने मावन जीवन के सभी पहलुओं को चाहे वह शिक्षा हो अथवा मनोरंजन, प्रभावित किया है। इसी जनसंचार के प्रभाव से भारतीय संगीत भी पूर्णतया प्रभावित हुआ है। भारत में संगीत की शिक्षा वैदिक काल में गुरुकुल में ली जाती थी। शास्त्रीय संगीत भी वैदिक शिक्षा के साथ तपस्वियों व आचार्यों द्वारा गुरुकुल के पवित्र प्रांगण में राजा व प्रजा सभी के लिए संगीत शिक्षा उपलब्ध थी। समय के साथ राजा-प्रजा व्यवस्था व विदेशी आक्रमणकारियों की क्रूरता ने भारत भूमि में शिक्षा की नवीन पद्धति का सृजन किया। इस दौर में शास्त्रीय संगीत गुरुकुल से मंदिर, मंदिर से महलों, महलों से घराने व तवायफ के कोठों से विष्णु दिगम्बर पुलुस्कार व विष्णु नारायण भातखण्डे जी के प्रयासों व दूरदर्शिता के कारण पुनः शिक्षण संस्थानों में स्थापित किया गया। शास्त्रीय संगीत आज के दौर में श्रेष्ठ भागवत कथाकारों द्वारा एक और धर्म के ध्वज को लहरा रहा है। दूसरी ओर टी०वी० इंटरनेट के कार्यक्रमों में एक नवीन चेतना के रूप में विद्यार्थी वर्ग, शिक्षक वर्ग, कलाकार वर्ग, नवयुवक वर्ग व अभिभावकों को शास्त्रीय संगीत की ओर प्रेरित कर रहा है। इस विकास में जनसंचार की बहुत महत्वपूर्ण भूमिका है।

आज का युग विज्ञान का युग है जिसने भारतीय संस्कृति के प्रत्येक पहलू को एक नवीन ऊर्जावान शक्ति से जोड़ दिया। आज के इस दौर में कोई भी प्रतिभा कुछ सेकेंड में विश्व स्तरीय स्थान प्राप्त कर रही है। गाँवों, कस्बों, नगर, महानगर सभी जिससे पूरी तरह प्रभावित हैं वो विज्ञान की शक्ति हैं। आज मावन के पास साधनों की कमी नहीं है, समय की कमी है। ज्ञान का सागर इंटरनेट के रूप में सर्वत्र उपलब्ध है।



**टी०वी० सैटेलाइट चैनल :** इस पर संगीत के अनेकानेक कार्यक्रम व प्रतियोगिता कार्यक्रम प्रसारित होते रहते हैं। जिनमें सारे गा मा पा, लिटल चैम्पस व इंडियन आइडल के कारण न केवल प्रतिभा संपन्न युवाओं, बच्चों को, अभिभावकों में भी संगीत के प्रति जागरूकता, रुझान उत्पन्न हुआ। क्योंकि इन टी०वी० प्रोग्राम के माध्यम से नए युवा कलाकार मिले हैं और शास्त्रीय संगीत, सुगम संगीत का प्रचार, प्रसार हो रहा है।

**यूट्यूब :-** यूट्यूब पर संगीत को अनेक रिकॉर्डिंग उपलब्ध हैं। पुराने नए सभी कलाकारों की प्रस्तुतियाँ आसानी से यूट्यूब पर मिल जाती हैं। जिससे संगीत के विद्यार्थी को सुनकर सीखने की उपलब्धता प्राप्त हो जाती है। इससे विद्यार्थी या शिक्षक अपनी प्रतिभा बढ़ा सकता है।

**ऑनलाइन म्यूजिक क्लासिज़ :-** इस सुविधा के माध्यम से हम घर बैठ कर ही योग्य गुरु से शिक्षा प्राप्त कर सकते हैं। आज के समय में इंटरनेट पर बहुत योग्य शिक्षक शिक्षा देते हैं। हम उन्हें ऑनलाइन पेमेंट कर सकते हैं।

**इंटरनेट :-** आधुनिक समय में इंटरनेट ने सारी पृथ्वी को एक सूत्र में बाँध लिया है। इंटरनेट के उपयोग और विस्तार के कारण, दुनिया सिमट गई है। ज्ञान का अथाह भण्डार सकारात्मक-नकारात्मक सभी डेस्कटॉप से लेकर मोबाइल तक व बड़े



बुजुर्गों से लेकर युवाओं तक सबको उपलब्ध है। अगर बात करें संगीत की तो इंटरनेट ने संगीत को विश्व के कोने-कोने व आम लोगों तक पहुँचाया है। संगीत का प्रचार व प्रसार करने में इंटरनेट का अहम योगदान रहा है।

**वैश्विक संगीत की जानकारी :-** आज शास्त्रीय लोक संगीत अथवा किसी भी देश-विदेश के संगीत की जानकारी इंटरनेट के माध्यम से उपलब्ध है जिससे संगीत संबंधी किसी भी जानकारी को प्राप्त किया जा सकता है।

**रेडियो :-** आकाशवाणी प्रसारण में संगीत का विशिष्ट स्थान रहा है। क्योंकि संगीत एक श्रव्य विद्या है जो ध्वनि में नियत है। संगीत को देश के कोने-कोने तक पहुँचाने में आकाशवाणी ने एक सशक्त माध्यम के रूप में अपनी अहम भूमिका निभाई है।

आँचल  
बी.ए. प्रथम

## भारतीय संगीत के विकास में सिक्ख गुरु नानक देव जी योगदान

सन् 1469 ई० में प्रथम सिक्ख गुरु के अवतरित होने से, इतिहास में सिक्ख काल प्रारंभ हुआ। गुरु नानक देव जी ने राजा-महाराजाओं की प्रशंसा की अपेक्षा आध्यात्मिक विषयों से भरपूर काव्य रचनायें की। इन रचनाओं के गायन से 'कीर्तन' गायन की प्रथा प्रारंभ हुई। इस प्रकार भारतीय संगीत में एक नवीन प्रणाली का प्रचलन हुआ, जिसको सभी गुरु साहबान ने कायम रखा तथा प्रफुल्लित किया। यहीं नहीं कीर्तन की प्रथा आज तक चल रही है।

गुरु नानक देव जी ने कीर्तन करने वाले अर्थात् कीर्तनकारों के लिए 'ढाडी' शब्द का प्रयोग किया:-

**संगीत रूप**

हउढाडी वेकार कारे लाइआ

ढाडी सचे महल खसमि बुलाइआ

समयानुसार कीर्तन गायन में 'संगत' अर्थात् समूह गायन को विशेष स्थान दिया। कीर्तन के संगीत के लिए 'खाब' नामक वाद्य का प्रचलन किया। रबाब की विधिवत् शिक्षा आप ने मर्दाने की भाई फिरंदे से दिलवाई। कीर्तन के साथ भाई मर्दाना की रबाब अलौकिक आनंद की अनुभूति करवाती थी। भाई गुरदास जी की वारों में इसका उल्लेख इस प्रकार है:-

**फिर बाबा गिआ बगदाद नौ बाहर जाई किआ अस्थाना इस बाबा अकाल रूप पूजा रबाबी मर्दाना**

इस प्रकार रबाब (एक तारों नाम वाला वाद्य, जिसे गज के साथ बजाया जाता है) नामक वाद्य का प्रचलन गुरुबाणी संगीत में करके संगीत में अमूल्य योगदान दिया।

गुरु नानक देव ने 976 शब्द रचनाएं की। इन रचनाओं का राग सिरि, माझ, गउढी, गउढी गुओरेरी गउढी चेती, गउढी बैरागण, गुउढी पूरबी, गुउढी दीपकी, आसा, आसा काफी, गूजरी, बिहागड, वडहंस, सोरठी, धनसारी, तिलंग, सूही, बिलवाले इनकी यही रचनायें श्री गुरु ग्रन्थ साहब में अंकित हैं।

खुशी शर्मा  
बी.ए. प्रथम

## मेहनत रंग लायी

नहीं बनाया किसी ने टाटा, बिरला, अंबानी,  
खुद ही बने हैं सब अपने सपनों के सौदागार ।  
राह नहीं थी बनी बनाई ना ही है कोई बड़ा ज्ञानी,  
सब ने करी है कड़ी मेहनत, फिर है मेहनत रंग लाई ।  
एक पल में नहीं बनता सब कुछ,  
पल-पल मेहनत करके सब ने मंजिल है पाई ।  
कल क्या होगा ना ध्यान दिया, बस काम किया,  
राह में मुश्किल उनके भी आई ।  
मुश्किल या मंजिल को पाना, बना दिया रास्ता,  
चल दिए बिना किए किसी की परवाह ।  
सुना है उन्होंने भी ताना बाना,  
लेकिन इच्छा भी कुछ पाने की ।  
तोड़ दिया सब का भ्रम कर दिया सपनों को साकार,  
ताना देने वालों ने ही हँसकर सत्कार किया ।



रेनू  
बी.ए. द्वितीय

## भव सागर पार

अस्त हुआ है अब तो सूरज दिखा सांझ का तारा,  
और ईश्वर ने अब तो मुझको दे आवाज़ पुकारा ।  
अब कैसा ये रोना धोना और किससे डर जाना,  
अब तो मुझको भव सागर से परली पार है जाना ।  
एक लहर होले से मुझको संग अपने ले जाएगी,  
उसके आने पर दूजी कोई आवाज़ न आएगी,  
सागर का जल उड़कर ज्यूँ नदियों में गिर जाएगा,  
और एक दिन लौट पुनः वो अपने घर को आएगा ।  
बजी सांझ की घंटी अब तो फिर गोधूलि की वेला,  
उसके बाद है केवल बस अंधियारे का मेला ।  
अंतिम विदा मुझे जब दो तो यारों तुम न रोना,  
नए सफ़र पे फिर मुझको है अग्रसर होना ।

फिर पानी का रेला मुझको साथ तिरा ले जाएगा,  
वक्त और इस लोक से मुझको दूर छोड़कर आएगा,  
जब ऐसा होगा तो मैं भव सागर तिर जाऊँगा,  
आशा करता हूँ मालिक से फिर मैं नज़र मिलाऊँगा ।

(यह कविता अंग्रेज़ी कवि Alfred Tennyson के द्वारा लिखी गई कविता Crossing The Bar का हिन्दी काव्यनुवाद है)

डॉ० विनीता  
एसोसिएट प्रोफेसर  
अंग्रेज़ी विभाग

## संगीत में तराना का महत्व

**तराना:-** तराना भारतीय शास्त्रीय संगीत की लोकप्रिय गायन शैली है। इसकी लोकप्रियता ख्याल गायकी के समान है इसमें गीत के बोल निरर्थक होते हैं जैसे:- ता ना द रे, त दा रे

**उत्पत्ति :-** प्राचीन काल में तराना को 'स्तोभ गान' के नाम से जाना जाता है स्तोभाक्षरों को शुष्काक्षर कहा जाता था, जिनका अर्थ तो नहीं होता था परंतु वे ओंकार की ध्वनि के वाचक होते हैं और गायन में वाद्य यंत्र का आनंद भी देते थे।

**प्रचार:-** तराना गायकी प्राचीन गायन शैली है, सदाबहार गायन शैली है। भारत की दोनों शास्त्रीय गायन शैली – उत्तर भारतीय व दक्षिणी भारतीय संगीत में तराना गायकी प्रचलित है नृत्य में भी तराने का विशेष महत्व रहता है। कर्नाटक संगीत में तराना गायकी नृत्य की तरह मानी जाती है क्योंकि इस गायकी में पखावज, मृदंग के बोलों का समावेश रहता है।

**स्वरूप :-** ख्याल गायकी के समान तराना गायकी के दो भाग-स्थाई और अंतरा होते हैं। तराने के स्थाई में तराने के बोल होते हैं व अंतरे में तबला या पखावज के बोल होते हैं वर्तमान समय में तराने के दो प्रकार प्रचलित हैं।

**राग-अंग :** - इस प्रकार के तरानों में राग-अंगों की विशेषताओं को तथा राग के विविध स्वरों को लगाने के ढंगों को अलग-अलग रूप से बांधा जाता है। प्रायः सभी ख्याल गायक राग के अंत में तराना अथवा भजन गाकर राग की समाप्ति करते हैं।

**तान-बन्धान:-** प्रत्येक कलाकार ने अपने-अपने तराने को सूत-मीड़, गदा-धमाका, गमक-लहक, टिकाऊ तान, लच्छेदार तान, बोल-बांट तान इत्यादि के चित्र प्रस्तुत करके तराना गायकी को रंगा-रंग तथा विचित्र बना दिया है।

**तराना गायक :-** बहादुर खाँ, नथु खाँ तथा वर्तमान काल में सभी प्रसिद्ध ख्याल गायक राग के अनुरूप तराना गायकी से गायन की समाप्ति करते हैं।

निशा

बी.ए. प्रथम

## प्रकृति

हरी हरी खेतों में  
बरस रही है, बूँदें  
खुशी-खुशी से आया सावन  
भर गया मेरा आंगन।  
ऐसा लग रहा है, जैसे  
मन की कलियाँ खिल गयी।  
ऐसा कि आया बंसत  
लेके फूलों का जश्न।

धूप से प्यासी मेरे तन को  
बूँदों ने दी ऐसी अँगड़ाई।  
कूद पड़ा मेरा तन-मन  
लगता है, मैं हूँ एक दामन।  
यह संसार है, कितना सुंदर  
लेकिन लोग नहीं उतने अकलमंद  
यहीं है, एक निवेदन  
न करो प्रकृति को शोषण।



कोमल

बी.ए. तृतीय वर्ष

## गायन में आलाप क्या है?

प्राचीन समय में आलाप के कई प्रकार प्रचलित थे जिन्हें स्वर स्थान नियम रागालाप रूप का लाप आदि नामों से जाना जाता था। ध्रुपद गायक भी आलाप किया करते थे क्योंकि वे उच्चकोटि के गायक तथा कुशल विद्वान माने जाते हैं। राग के सभी नियमों, स्वरूप, लक्षणों को ध्यान में रख कर धीमी लय में राग के स्वरों का आलाप किया जाता है। आलाप कि परिभाषा इस प्रकार है “राग के स्वरूप की रक्षा करते हुए विलंबित स्वर विस्तार करते हुए विलंबित स्वर विस्तार करने की प्रक्रिया को आलाप कहते हैं।”

आधुनिक समय में आलाप के दो प्रकार प्रचलित हैं।

### 1. आकार रूप से

### 2. नोम तोम का आलाप

1. **आकार रूप से :-** इस आलाप में शब्दों की अपेक्षा वर्णों का प्रयोग होता है। स्वरविस्तार स्वरों के विस्तार के लिए इस आलाप में आकार, ईकार तथा उकार आदि का प्रयोग होता है। स्वरविस्तार के पश्चात् गीत का स्थाई गाया जाता है। स्थाई के बाद अन्तर गाया जाता है। फिर आलाप किये जाते हैं। आलाप के बाद स्थाई पकड़ कर सम से मिल जाते हैं।



### 2. नोम तोम का आलाप :-

नोम तोम का आलाप को ईश्वर उपासना का बिगड़ा हुआ स्वरूप माना जाता है। आलाप का यह प्रकार अधिकतर ध्रुपद तथा घमार गायन शैलियों के साथ प्रयुक्त होता है। इसके अतिरिक्त आलाप गायन का एक अन्य स्वरूप भी है। इसमें स्थाई, अंतरा, संचारी, आभोग चार भाग माने जाते हैं।

1. **स्थायी:-** इसमें गायक सा स्वर से आलाप शुरू करता है। और क्रम को बढ़ाते हुए राग का विस्तार करता है। इसमें मंद्र राग का विस्तार करता है। इसमें मंद्र तथा मध्य सप्तक तक ही आलाप किया जाता है।

2. **अंतरा :-** अलग-अलग स्वर समुदायों का प्रयोग करके तार सप्तक के 'सा' तक पहुंचते हैं।

3. **संचारी :-** संचारी भाग स्थायी भाग संशोहित रूप ही होता है, इसमें प्रायः सा, म, प इसमें से किसी भी स्वर से प्रारम्भ किया जाता है।

4. **आभोग :-** इसमें तीन सप्तकों का प्रयोग किया जाता है। गायक, मद्र, मध्य तथा तार सप्तक के स्वरों का प्रयोग कर सकता है। इसमें गमक खटका कर्णों का प्रयोग भी किया जाता है।

शीतल देवी

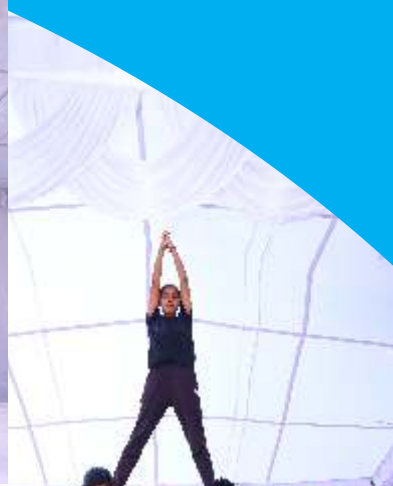
बी.ए. प्रथम

# CULTURAL MIRROR



# CULTURAL MIRROR





## CULTURAL MIRROR



# CULTURAL MIRROR





# संस्कृत अनुभाषाः

विना वेदं विना गीतां, विना रामायणीं कथाम्।  
विना कविं कालीदासं, भारतं भारतं न हि।।

- सुभाषितानि

सम्पादिका  
डॉ० कमलेश

छात्रा सम्पादिका  
कु० रिम्पल

## अनुक्रमणिका

क्र. स.	लेख	लेखिका	पृष्ठ स.
1.	सम्पादकीय	डॉ० कमलेश	3
2.	श्रीमद् भगवद्गीता श्लोक	दीक्षा	4
3.	वेदामृतम् (वेद-अमृत)	साक्षी मेहरा	4
4.	शिव स्त्रोतम्	मनीषा	5
5.	पिता	सुनैना	5
6.	भारत माता बुधजनगीता	अजली दहिया	5
7.	डॉ. एस्. राधा कृष्णः	अंकुश	5
8.	प्रार्थना	अंजलि शर्मा	6
9.	हस्तकुटुम्बम्	महक सागवाल	6
10.	सदाचारः	तमन्ना	6
11.	प्रकृति	ममता	6
12.	डिजीभारतम्	पूजा	7
13.	अहिंसा परमो धर्मः अथवा धर्मस्य महत्त्वम्	साक्षी	7
14.	नारीजागरणं राष्ट्रप्रेम च	संगीता	8
15.	राष्ट्रध्वजः	रीतु	8

## सम्पादकीय



(समय सूचक AM और PM का उद्गम संस्कृत में)

सूचक AM और PM का उद्गम भारत ही था, लेकिन हमें बचपन से यह रटवाया गया, विश्वास दिलवाया गया कि इन दो शब्दों AM और PM का मतलब होता है:-

AM: ANTE ME RIDIAN

PM: POST ME RIDIAN

एंटे यानि पहले, लेकिन किसके ? पोस्ट यानि बाद में, लेकिन किसके ? यह किसी साफ नहीं किया गया, क्योंकि यह चुराये गये शब्द का लघुतम रूप था। काफी अध्ययन करने के पश्चात् ज्ञात हुआ और हमारी प्राचीन संस्कृत भाषा ने इस संशय को साफ-साफ दृष्टिगत किया है। कैसे ? देखिये :-

AM = आरोहणम् मार्तण्डस्य

Aarhanam Martandasys

PM = पतनम् मार्तण्डस्य Patanam Martandasys

सूर्य जो कि हर आकाशीय गणना का मूल है, उसी को गौण कर दिया। अंग्रेजी के ये शब्द संस्कृत के उस वास्तविक 'मतलब' को इंगित नहीं करते।

आरोहणम् मार्तण्डस्य यानि सूर्य का आरोहण (चढ़ाव)

पवनम् मार्तण्डस्य यानि सूर्य का ढलाव।

बारह बजे के पहले सूर्य चढ़ता रहता है।

आरोहणम् मार्तण्डस्य (AM)

बारह के बाद सूर्य का अवसान/ ढलाव होता है- 'पतनम् मार्तण्डस्य (PM)।

Can somebody enlighten on this issue in relation to Gharhi, Muhruat and Kaal also about Brahm Muhurat is till (2×48 minutes before the sunrise)

डॉ० कमलेश  
सहायक-आचार्या  
अध्यक्षश्चा संस्कृत विभाग

## श्रीमद् भगवद्गीता श्लोक

1. अहिंसा सत्यमक्रोधस्त्यागः शान्तिः अपैशुनम् ।  
दया भूतेषु-अलोलुपत्वम्, मार्दवम् हीः अचापलम् ।।  
**व्याख्या :** - अहिंसा हो, सच्चाई, गुस्सा न हो,  
मन शांत और छोड़े अभिमान को ।  
न चुगली, न लालच, न चंचलता हो,  
दया भाव, लज्जा, है कोमलता भी ।।
2. देवद्विज-गुरु-प्राज्ञ, पूजनमं शौचम्-आर्जवम् ।  
ब्रह्मचर्यम्-अहिंसा च, शरीरम् तयः उच्यते ।।  
**व्याख्या :** - हों देव, बाह्यण, गुरु ज्ञानीजन,  
इस सब की पूजा, पवित्र हो तन ।  
अहिंसा, सरल भाव, ब्रह्मचर्य भी,  
कहा जाता तय है शारीरिक यही ।।
3. अनुद्वेग - करम् वाक्यम्, सत्यम् प्रियहृत्तम् च यत् ।  
स्वाध्यायभ्यसनम् च एव, वाङ्मयम् तयः उच्यते ।।  
**व्याख्या :** - सच्चाई जिसमें न उद्वेग हो,  
हितकार व प्यारा लगे औरों को ।  
पठन ग्रंथो का, ईश्वर नाम जप,  
कहते हैं इसको ही वाणी का तप ।।
4. अहङ्कारम् बलम् दर्यम्, कामम् क्रोधम् परिग्रहम् ।  
विमुच्य निर्ममः शान्तः, ब्रह्मभूयाय कल्पते ।।  
**व्याख्या :** - अहंकार बल को जो देता है त्याग,  
घमण्ड है, न गुस्सा, न इच्छा, न राग  
न संग्रह चाहे, सदा शान्त जो,  
प्रभु-प्राप्ति का है अधिकार वो ।।

दीक्षा

बी.ए. तृतीय वर्ष

## वेदामृतम् (वेद-अमृत)

1. सङ्गच्छध्वं संवदध्वं सं वो मनांसि जानताम् ।  
देवा भागं यथा पूर्वं सञ्जानाना उपासते ।। 1 ।।  
(तुम सब साथ-साथ चलो। आपस में वैर-विरोध त्यागकर समान स्वर से एक समान बोलो। तुम्हारे मन समान रूप से अर्थ का ज्ञान करें। जिस प्रकार प्राचीनकाल के देवगण एकमत होकर हवि के भाग को स्वीकार करते हैं।)
2. समानी वः आकूतिः समाना हृदयानि वः ।  
समानमस्तु वो मनो यथा वः सुसहासति ।। 2 ।।  
(तुम सबका संकल्प समान हो। तुम्हारे हृदय समान हो। तुम्हारे मन समान हो। जिससे कि तुम्हारी सुन्दर संगति हो जाए।)
3. मधु वाता ऋतायते मधु क्षरन्ति सिन्धवः ।  
माध्वीर्नः सन्त्वोषधीः ।। 3 ।।  
(अपने लिए यज्ञ की कामना करने वाले यजमान के लिए सभी हवाएँ माधुर्य से परिपूर्ण हो। सभी नदियाँ या समुद्र मधुर जल को ही प्रवाहित करें। हमारी सारी जड़ी-बूटियाँ, वनस्पतियाँ मधुरता से परिपूर्ण हो जाएँ।)
4. यज्जाग्रतो दूरमुदैति दैवं  
तदु सुप्तस्य तथैवैति ।  
दूरङ्गमञ्जयोतिषां ज्योतिरेकं  
तन्मे मनः शिवसङ्कल्पमस्तु ।। 4 ।।  
(जागते हुए का जो मन दूर भाग जाता है। वैसे ही सोए हुए की भी वही दशा होती है। वही दिव्य विशेष ज्ञान से सम्पन्न मन विषयों को प्रकाशित करने वाली इन्द्रियों में सर्वाधिक दूर तक पहुँचने वाला एकमात्र प्रकाश है। मेरा यह मन कल्याणकारी विचारधारा वाला बने।)

साक्षी मेहरा

बी.ए. तृतीय वर्ष

## शिव स्त्रोतम्

कर्पूरगौरं करुणावतारम्  
संसारसारं भुजगेन्द्रहारम्  
सदा वसन्तं हृदयार विन्दे  
भवं भवानी सहितं नमामि ।  
हर-हर शंभु (शंभु) शंभु ..... शिव महादेव  
सानन्दमानन्दवने वसन्तम्  
आनन्द कन्द हतपापवृन्दम्  
वाराणसीनाथ मम नाथनाथं  
श्री विश्वनाथं शरणं प्रपद्ये  
हर-हर शंभु (शंभु) शंभु ..... शिव महादेव  
अवन्तिकायां विहितावतारं  
मुक्तिप्रदानाय च सज्जनानाम्  
अकालमृत्योः परिरक्षणार्थं  
वंदे महाकाल महासुरेशम्  
हर-हर शंभु (शंभु) शंभु ..... शिव महादेव  
नागेन्द्र हाराय त्रिलोचनाय  
भस्मांगरागाय महेश्वराय  
नित्याय शुद्धाय दिगम्बराय  
तस्मै नकाराय नमः शिवाय  
हर-हर शंभु (शंभु) शंभु ..... शिव महादेव

मनीषा

बी.ए. द्वितीय वर्ष

## पिता

न ह्यतो धर्मचरणं  
किञ्चिदस्ति महत्तरम् ।  
यथा पितरिशुश्रूषा  
तस्य वा वचनक्रिया ॥



सुनैना

बी.ए. तृतीय वर्ष

## भारत माता बुधजनगीता

भारतमाता बुधजनगीता ।

निर्मलङ्गाजलपूता ।।

शिरसि विराजित-हिमगिरिमुकुटम्

चरणे हिन्दु-महोदधि-सलिलम्

जघने सस्य-लता-तरु-वसनम्

जय भारतजननी, जय भारतजननी ।।

ऋषि-घोषित-मन्त्र-पुलकिता

कविवर-गुम्फित-पावन-चारिता

धीर-वीर-नृप-शौर्य-पालिता

जय भारतजननी, जय भारतजननी ।।

मम मनसि सदा तव पदयुगलम्

संस्कृत-संस्कृति-सतत्-चिन्तनम्

भाव-राग-लय-ताल-मेलनम्

जय भारतजननी, जय भारतजननी ।।

अजंली दहिया

पी.जी.डी.सी.ए.

## डॉ. एस्. राधा कृष्णः

“ जनाः न जानन्ति यत् संस्कृतं कियता  
प्रमाणेन तेषां मस्तिष्कं प्रभावित्वत् स्यात्  
इति । संस्कृतसाहित्यं राष्ट्रियं स्यात् चेदपि  
तस्य उद्देशः तु सार्वभौमिकः अस्ति ।  
एतस्मात् एव कारणात्, ये कस्याश्चित्  
संस्कृतेः अनुयायिनः न स्युः तेषाम् अपि  
अवधानम् आकर्षति एषां भाषा ” ।

अंकुश

बी.ए. तृतीय वर्ष

## प्रार्थना

भगवन त्वदीयः भक्तिम्, स्वान्ते सदा भरेयम् ।  
वेदोक्त धर्म कार्यम् नक्तं सदा भरेयम् ।।  
संज्ञः सदा सुधीयाम्, सरणी च सज्जनानाम् -2  
सदभावना श्रीतोहम् पापात् सदा विभेयम् ।  
भगवन त्वदीयः भक्तिम् स्वान्ते सदा भरेयम् ।।  
वेदोक्त धर्म कार्यम् नक्तं सदा भरेयम् ।।  
रोगाः दहन्ति देहम्, प्रबलाश्च शरीर मध्ये - 2  
ब्रह्मचर्यं औषधं च पेयम् सदा वरेणियम् ।  
भगवन त्वदीयः भक्तिम् स्वान्ते सदा भरेयम् ।।  
वेदोक्त धर्म कार्यम् नक्तं सदा भरेयम् ।।



अंजलि शर्मा  
बी.ए. द्वितीय वर्ष

## हस्तकुटुम्बम्

एषः स्नेहालुः तातः । अङ्गुष्ठः ।।  
निकटे निवसति ननु माता । तर्जनी ।।  
ज्येष्ठा पुत्री दीर्घतमा । मध्यमा ।।  
तस्याः भगिनी मनोरमा । अनामिका ।।  
कनिष्ठ बाला अन्तेच । कनिष्ठिका ।।  
हस्तकुटुम्ब मम पश्य ।  
हस्तद्वयेन प्रणमामि ।  
आशीर्वाद विन्दामि ।।

महक सागवाल  
बी.एस.सी. द्वितीयवर्ष

## सदाचारः

आलस्यम् हि मनुष्याणाम् शरीरस्यो महान् रिपुः ।  
नास्त्युध्मसमो बन्धुः कृत्वा यं नावसीदति ।।1।।  
श्वः कार्यमच्य कुर्वीत पूवह्नि चापराहिकम् ।  
नहि प्रतीक्षते मृत्युः कृतमस्य न वा कृतम् ।।2।।  
सत्यम् ब्रूयात् प्रियम् ब्रूयात् न ब्रूयात् सत्यमप्रियम् ।  
प्रियं च नानृतं ब्रूयात् एषः धर्मः सनातनः ।।3।।  
सर्वदा व्यवहारे स्यात् औदार्यं सत्यता तथा ।  
ऋजुता मृदुता चापि कौटिल्यम् न कदाचन ।।4।।  
श्रेष्ठ जनं गुरुं चापि मातरं पितरं तथा ।  
मनसा कर्मणा वाचा सेवेत सततं सदा ।।5।।  
मित्रेण कलहम् कृत्वा न कदापि सुखी जनः ।  
इति ज्ञात्वा प्रयासेन तदेव परिवर्जयेत् ।।6।।

तमन्ना

बी०ए० द्वितीय वर्ष

## प्रकृति

प्रकृति माता सर्वेषाम्  
बहूनाम् अपि फलानाम्  
बहूनाम् अस्ति वृक्षाणाम्  
पुष्पाणाम् चापि मानेयम् ।।  
भ्रमराणाम्, पशूनाम्  
पक्षिणाम् च मातास्ति  
जनेभ्यः जीवनं सदा  
ददाति प्रकृतिः माता ।।  
अस्ति सा तु मनोहरी  
मातृणाम् अपि मातास्ति  
प्रकृतिः माता सर्वेषाम्  
नमोऽस्तु ते मात्रे प्रकृत्यैः ।।



ममता

बी.ए. तृतीय वर्ष

## डिजीभारतम्

प्रस्तुत निबंध “डिजिटल इण्डिया” के मूल भाव को लेकर लिखा गया है। इसमें वैज्ञानिक प्रगति के उन आयामों को छुआ गया है जिसमें हम एक “क्लिक” द्वारा बहुत कुछ कर सकते हैं। आज इन्टरनेट ने हमारे जीवन को कितना सरल बना दिया है। ऐसे ही भावों को यहाँ सरल संस्कृत में व्यक्त किया गया है।



अद्य सम्पूर्णविश्वे “डिजिटलइण्डिया” इत्यस्य चर्चा श्रूयते। अस्य पदस्य कः भावः इति मनसि जिज्ञासा उत्पद्यते। कालपरिवर्तनेन सह मानवस्य परिवर्तते। प्राचीनकाले ज्ञानस्य आदान-प्रदानं मौखिकम् आसीत्, विद्या च श्रुतिपरम्परया गृह्यते स्म। अनन्तरं तालपत्रोपरि भोजपत्रोपरि च लेखन-कार्यम् आरब्धम्। परवर्तिनि काले कर्गदस्य लेखन्याः च आविष्कारेण सर्वेषामेव मनोगतानां भावनां कर्गदोपरि लेखनं प्रारब्धम्। टङ्कणयस्य अविष्कारेण तु लिखिता सामग्री टङ्किता सती बहुकायाः सुरक्षिता अतिष्ठत्। वैज्ञानिक प्रविधेः प्रगतियात्रा पुनरपि अग्रे गता। अद्य सर्वाणि कार्याणि सङ्कणकनामकेन यन्त्रेण साधितानि भवन्ति। समाचार-पत्राणि, पुस्तकानि च कम्प्यूटरमध्येन पठ्यन्ते लिख्यन्ते च। कर्गदिनिर्माणे वृक्षाणाम् उपयोगेन वृक्षाः कर्त्यन्ते। स्म, परम् सङ्कणकस्य अधिकाधिक-प्रयोगेण वृक्षाणां कर्तने न्यूनता भविष्यति इति विश्वासः।

पूजा

बी.ए. प्रथम वर्ष

## अहिंसा परमो धर्मः अथवा धर्मस्य महत्त्वम्

संसारे मनसा वाचा कर्मणा वा यत् परपीडनम् क्रियते सा हिंसा भवति। अन्यस्य जीवनस्य प्राणघात तु महती हिंसा वर्तते। परेषां जीवानां रक्षण मानवस्य परम कर्तव्यं वर्तते।

साधवः आत्मवत् भूतेषु दयां कुर्वन्ति एतदेव मानवस्य मानवत्वं वर्तते। य अन्य - प्राणिनां आघात हत्यां वा करोति स मावनरुपो राक्षसः वर्तते। शास्त्रेषु कथितम् - ‘परस्परपग्रहो जीवानाम्’। जीवानां परम-कार्यं जीवानां उपकारो वर्तते, न तु हिंसा। यथा अस्माकं प्राणाः सन्ति तथैव अन्येषां अपि। परघातं स्वहिंसा वर्तते। अतएव गीतायां कथितम् - ‘आत्मनः प्रतिकूलानि परेषां न समाचरेत्’।

अहिंसा एव सर्वोत्तमः जीवनस्य मार्गो वर्तते। भगवान् बुद्धः, भगवान् महावीरः, महात्मा गाँधी महोदयश्च अहिंसाः मार्गं प्राप्य परां गतिं प्राप्नुवन्तः। यदा भारते आतंकवादस्य प्रभावं आसीत् तदैव जनानां हिंसा भवति स्म। भगवान् महावीरः अहिंसाबलेन आतंकवादं, अधर्म, हिंसा च दूरी कृतवान्। यदा अस्माकं देशः भारतवर्षः पराधीनः आसीत् तदैव महात्मा गाँधीमहोदयः अहिंसा च भारतं स्वतंत्रं कृतवान्। यथा च कथितम्-

‘ मा हिंस्यात् सर्वभूतानि ।’

साक्षी

बी.ए. तृतीय वर्ष

## नारीजागरणं राष्ट्रप्रेम च

उर्मिलाशास्त्री अध्यापनकार्यं स्वस्याः जीवनसाधनां मानिता स्म । एतस्य एकम् अनुपमम् उदाहरणम् अस्ति यत् सा स्वविवाहदिवसे अपि पाठशालायाम् अनुपस्थिता नासीत् ।

गान्धीमहोदयस्य नेतृत्वे असहयोगान्दोलनं व्यापकम् आसीत् । भावनाशीला उर्मिला स्वस्याः विदेशिवस्त्राणां होलिकादाहम् अकरोत् । इदानीं खादीवस्त्रम् एव शरीरस्य मनसश्च शोभा आसीत् तस्याः विचारैः प्रभाविता भूत्वा तस्याः सहयोगिनी एका अध्यापिका ताम् अवदत्-“भवत्याः विचाराः तु अतीव उत्तमाः सन्ति । महिलासु जागरणम् आगच्छेत् एव । परं महिलानां समाजः चिरकालात् पददलितः आसीत् । हीनभावना निरन्तरं महिलानां रक्तमांसयोः मिश्रिता अभवत् ।



ततः ताः भावनाः केन प्रकारेण भवती मोचयिष्यति ? ” एतस्य प्रश्नस्य

उत्तरम् उर्मिला अत्यन्तविश्वासभरितैः शब्दैः यच्छन्ती अवदत्-“एतत् आवश्यकं नास्ति यत् या अधः गच्छन्ती अस्ति सा उर्ध्वम् उत्थातुं न काङ्क्षिष्यते इति ।

पृथिव्यां क्षिप्तं कन्दुकम् अपि पुनः उत्पतति । यदि अचेतन वस्तूनि इत्यं प्रभावतानि भवन्ति तर्हि चैतन्ययुक्ता नारी कथं ने उत्स्यति ? ” उर्मिलामहोदयायाः दृढसंकल्पं दृष्ट्वा सा अध्यापिका अपि तस्याः सहयोगिनी अभवत् । उभयोः संवादः देश भक्ति विषयकवार्तालापस्य स्वतंत्रताजपस्य च रूपम् अवाप्नोत् । एकः दीपः अपेकं ज्वालयति, एवंक्रमेण अगणिताः भवन्ति । उर्मिला अग्रेसरा अभवत् । अनेकमहिलाः तया सह आगच्छन् ।

1942 ईस्वीयस्य सत्याग्रहान्दोलने सा कारावासं प्राप्नोत् । निरन्तरश्रमेण षट् मासान् यावत् कारावासेन च शरीरं जर्जरम् अभवत् । कारागारात् सा प्रत्यागच्छत्, किन्तु ततः असाध्यक कर्करोगम् आदाय आगच्छत् ।

ईस्वीस्य ६ जुलाई दिनाङ्के तस्याः देहावसानम् अभवत् । नारीजागरेण राष्ट्रप्रेमभावनया च ओतप्रोतायाः उर्मिलामहोदयायाः एतत् जीवनं भारतीय नार्याः जीवितजागरितं रूपम् अस्ति । तस्यै कोटिशः प्रणमाः ।

संगीता

बी.ए. तृतीय वर्ष

## “राष्ट्रध्वजः”

अस्माकं देशस्य ध्वजः त्रिवर्णः अस्ति । अस्मिन् ध्वजे केशरवर्णः, श्वेतः, हरितः च त्रयः वर्णाः सन्ति । केशरवर्णः शौर्यस्य, श्वेतः सत्यस्य, हरितः च समृद्धे सूचकः सन्ति । ध्वजस्य मध्ये अशोकचक्रं वर्तते । एतत् प्रगतेः न्यायस्य च प्रवर्तकम् । अयं चक्रः सारनाथे अशोकस्तम्भात् गृहितः अस्ति । भारतस्य संविधानसभायां 22 जुलाई 1947 तमे वर्षे अस्य ध्वजस्य स्वाधीनतायाः राष्ट्रगौरवस्य च प्रतीकः । जयतु त्रिवर्णः ध्वजः ।

रीतु

बी.ए. तृतीय वर्ष





NCC



NCC





National  
Service  
Scheme



National  
Service  
Scheme





**National  
Service  
Scheme**



**National  
Service  
Scheme**



# ALUMNI MEET



# COMMERCE SECTION

If you want to walk fast, walk alone  
But if you want to walk far, walk together.

— Ratan Tata

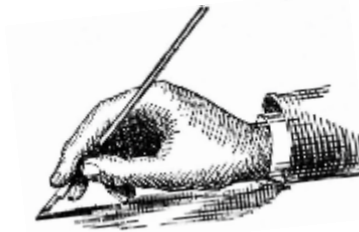
Faculty Editor :  
**Dr. Nishi Tuli**

Student Editor :  
**Prachi**

# Contents

Sr. No.	Articles	Contributors	Page No.
1.	Editorial	Dr. Nishi Tuli	3
2.	Social Marketing : Meaning and ...	Dr. Meena	4
3.	The Union Budget of India	Anjali	5
4.	Navigating the Digital Frontier: A .....	Mrs. Bhawana	6
5.	Startups	Komal	9
6.	The Group of Twenty (G-20)	Prachi	10
7.	New Education Policy 2024	Nancy	11
8.	Cryptocurrency	Mahak	13
9.	Work-Life Balance	Aman	14
10.	Online Shopping	Deepali	15
11.	Health Insurance	Nikita	17
12.	Challenges of Youth in India	Manshi	18
13.	Trends in Online Payments	Alisha Taya	20
14.	Stress Management	Somal	22
15.	Chandrayaan-3	Aarti Rani	23
16.	आत्मनिर्भर भारत	अंजली	24

## **Editorial**



It's a great pleasure for me to present the commerce section of our college magazine in this edition. This issue provides us with an opportunity to ponder over the ever-changing world and share our perspectives on some of the most pressing issues of these time. In today's dynamic landscape, characterized by globalization, technological advancements, and evolving business strategies, the significance of corporate social responsibility cannot be overstated. Commerce students must comprehend and analyze these dynamics to effectively navigate the challenges and opportunities they present.

Our students were inspired to contribute articles on topics such as the G20, online shopping, cryptocurrency, medical insurance, and social marketing, reflecting the innovative spirit of our college. I am deeply grateful for the guidance and support of our principal, Dr. Sangeeta Sharma, whose unwavering commitment has been the driving force behind this endeavor. Her encouragement has been a constant source of motivation for all of us.

I would like to express my heartfelt appreciation to all the students who have contributed to this magazine by crafting insightful and receptive articles. Special thanks are also due to my colleagues in the Commerce department for their invaluable support.

**Dr. Nishi Tuli**  
Associate Prof. in Commerce

# **Social Marketing : Meaning and Relevance**

Social Marketing is a marketing approach which focuses on influencing behaviour with the primary goal of achieving 'common good'. It utilizes the element of commercial marketing and applies them to social concepts. Social marketing is an approach used to develop activities aimed at changing or maintaining people's behaviour for the benefit of individuals and society as whole. Social marketing is nothing but adoption of methodology of marketing to social imperatives with the objectives of achieving social changes. The four P's used in social marketing : product (key benefits, service or behaviour change), price (the cost of stopping an unhealthy behaviour or adopting a healthy one), Place (the opportunities and access to products, services and places to engage in the behaviours) and promotion (health awareness and facilitates the adoption of healthy lifestyle).

Example of Social Marketing : It is widely used in sectors of health and safety, environmentalism and social action. These are examples to understand the concept better.

1. Anti-Smoking : Many organizations and health institutes utilize such marketing to reduce smoking and encourage quitting. Some TV add portrays real-life smokers with lung cancer.
2. Forest fire prevention :- Many NGOS indulge in wildlife prevention social campaigns. Other tactics include billboards and signs near campers and fire extinguishing recommendations.
3. Recycling :- Focuses on teaching show casing reusable things, such as cloth or heavy-duty plastic bags for shopping and how to reuse furniture are additional ways social outreach efforts, along with state level bottle redemption programs.
4. Disable Accessibility :- It helped to modify laws and rules to make transportation housing and play ground disable accessible. To build an emotional connection with consumer firms employ disable awareness month, metro, poster and elevator.

## **Relevance of Social Marketing in India**

The Indian society has been facing problem such as poverty, population explosion, illiteracy, lower capital formation and other social problems. The development strategies so far adopted resulted in degradation in social, cultural, environmental and health care, so the need of application of social marketing principles is felt urgently to enrich the life of Indian citizen. A research study has included that the industrial units situated in Champur, Mumbai, emit more than III tonnes of hazardous carbon dioxide daily. According to observation of Centre of Science & Environment, Delhi, of the total water reservoir in India, more than 70% water is polluted. The NEERI (National Environmental Engineering Institute, Nagpur) has shown that ill habits of people result in 60% water pollution while industrialization is responsible for 40% water pollution in India. Due to consumption of polluted water more than 15 lakh children die of diarrhea per year. The Aluminum Corporate in Orissa are damaging environment and are responsible for displacement of more than 2000 tribal families.

Out of 3119 cities in India, only 209 cities are having sewage water treatment plant. The river Yamuna gets daily 2 crore liter untreated water. Bhopal gas Tragedy (1984) took victim of more than 2500 citizens, more than 40,000 were handicapped and blind and still are



suffering from various diseases. Ozone layer has been depleting due to many gasses. As a result of this we experience hot waves intensity of 45 to 50°C in our country. Deforestation is not only ruining environment but causing economic loss of Rs. 2.30 billion per year. In Agra city the pollution created by industries is ruining the beauty of the world famous 'Taj Maha'. In future social marketers will have to adopt information technology to build rapport with target groups, gaining support of the masses to social reform campaigns, health promotion campaigns and creating awareness regarding environment protection for themselves and future generations.

**Dr. Meena**  
Associate Professor in Commerce

## **The Union Budget of India**

The Union Budget of India for 2024 focused on boosting economic growth, promoting infrastructure development, enhancing healthcare, and addressing key social welfare issues. Here are some highlights:

**Economic Growth:** Emphasis on increasing GDP growth through investment in key sectors such as infrastructure, manufacturing, & agriculture.

**Infrastructure Development:**

Significant allocation towards infrastructure projects including roads, railways, airports, and urban development to improve connectivity and spur economic activity.

**Healthcare:** Increased allocation for healthcare, with a focus on strengthening healthcare infrastructure, improving access to medical facilities, and enhancing healthcare services.

**Social Welfare:** Continued support for social welfare schemes targeting marginalized communities, including subsidies for food, education, and housing.

**Tax Reforms:** Rationalization of tax policies to promote ease of doing business and attract foreign investment while ensuring fiscal discipline.

**Digital Initiatives:** Promoting digitalization and innovation through investments in digital infrastructure, e-governance, and technology-driven solutions.

**Environment and Sustainability:** Initiatives aimed at promoting renewable energy, sustainable development, and environmental conservation.

Overall, the budget aimed to drive inclusive growth, enhance competitiveness, and create employment opportunities while ensuring fiscal prudence and sustainability.



**Anjali**  
B.Com-III

# Navigating the Digital Frontier: A Guide to Digital Payment Apps"

In an era defined by technological advancements, the landscape of financial transactions has undergone a revolutionary transformation. Gone are the days of cumbersome cash transaction; today, digital payment apps have taken center stage, offering a seamless and convenient way to manage financial transactions. The advent of digital payment apps has revolutionized the way individuals and businesses conduct transactions. These apps leverage technology to provide users with efficient, secure, and convenient alternatives to traditional payment methods. As we navigate through the intricacies of digital payment, it is crucial to understand the evolution and importance of these applications in our increasingly interconnected world.

In this article, we will delve into the world of digital payment apps, exploring their significance, the various options available, and a step-by-step guide on how to use them effectively.

## Significance of Digital Payment Apps

**Convenience:** Digital payment apps offer unparalleled convenience, allowing users to make transactions anytime, anywhere with just a few taps on a smart phone, users can transfer funds, pay bills, and make purchases effortlessly.

**Security Measures :** One of the key advantages of digital payment apps is the robust security features they employ. From encryption technologies to biometric authentication, these apps prioritize the protection of user data and financial information.

**Financial Inclusion:** Digital payment apps play a pivotal role in promoting Financial Inclusion. They provide a platform for individual who may not have access to traditional banking services to participate in the financial ecosystem.



**Increased Transparency :** Earlier cash payments were subject to "leakage" (payments that do not reach the recipient in full) and "ghost" (fake) recipients, particularly in the context of social security benefits by government transfers. Now, benefits are directly transferred to target beneficiary (direct benefit transfer) account through digital modes of payments.

### **Popular Digital Payment Apps**

**Pay Pal :** A veteran in the digital payment realm, Pay Pal facilitates online transactions globally. Users can link their bank account or credit cards to make seamless payments.

**Venmo:** Known for its social integration, venmo is popular among younger users. It allow individuals to split bills and share expenses easily, fostering a social aspect to financial transactions.

**Cash App :** Developed by square, Cash App is a straightforward platform for peer-to-peer transactions. Users can send money, invest in stocks, and even receive a debit card for direct spending.

**Google Pay :** Integrated into the Google ecosystem, Google Pay enables users to make in-store and online purchases, send money to contacts, and even store loyalty cards for added convenience.

**Apple Pay:** Catering exclusively to Apple users, Apple Pay allows for contact less payments using iPhones , Apple Watches and iPads. It emphasizes privacy and security in its transactions.

**Strips :** Widely used for online businesses, Strip provides a platform for processing online payments securely. It supports various payment methods and is know for its developer-friendly features.

**Square Cash (Cash Card) :** Associated with the Cash App, the Cash Card is a physical debit card that users can order. It allows for easy spending of the funds in their Cash Apps account at any merchant that accepts traditional debit cards.

**Samsung Pay:** Designed for Samsung device users, Samsung Pay enables users to make payments using their smart phones. It supports both NFC (Near Field Communication) and MST (Magnetic Secure Transmission) technology, making it compatible with a wide range of payment terminals.

**Zelle:** Focused on peer-to-peer transactions, Zelle allows users to send money directly from their bank accounts to recipients with a U.S. bank account. It is often integrated into many major banking apps for seamless transfers.

**Revolut:** Particularly popular for international transactions, Revolut offers multi- currency accounts and allows users to spend abroad with no hidden fees. It also provides features for budgeting and cryptocurrency exchange.

**Transfer Wise (Wise):** Known for its transparent and low-cost international money transfers, Transfers Wise (now known as Wise) offers borderless accounts, making it easier for users to manage funds in different currencies.

**CashU:** Targeting users in regions like the Middle East and North Africa, CashU provides a platform for online payments and is often used for gaming and digital services.

**Neteller:** Widely used in the online gaming and forex trading industries, Neteller is an e-wallet that allows users to make secure online transactions and money transfers.

**Dwolla:** Focused on facilitating bank transfers, Dwolla is known for its simple and cost-effective solutions for businesses and developers looking to integrate payment functionalities.

**Alipay:** Popular in China, Alipay is not just a payment app but an entire financial ecosystem. It offers services like bill payments, wealth management, and even social features.

Each of these digital payment apps caters to specific needs and preferences, offering users a variety of options based on their requirements and geographical locations.

### **How to Use Digital Payment Apps:**

**1. Setting Up Your Account :** Begin by downloading the digital payment app of your choice from the respective app store. Follow the on-screen instructions to create an account, providing necessary information such as your email, phone number, and, in some cases, linking a bank account or credit card.

**2. Linking Payment Methods :** To fully utilize a digital payment app, you'll need to link it to your preferred payment method. This may involve adding your bank account details or credit card information. These details are securely stored, ensuring a seamless transaction process.

**3. Exploring App Features :** Digital payment apps offer a range of features beyond simple money transfers. Explore functionalities such as bill splitting, requesting money, and in-app purchases. Familiarize yourself with the app's interface to maximize its capabilities.

**4. Making Payments :** To make a payment, select the recipient (either from your contacts or by entering their details manually), enter the amount, and choose your preferred payment method. Verify the transaction details and proceed to complete the payment.

**5. Security Measures :** Ensure that you take advantage of the security features provided by the app. Set up authentication methods such as PIN codes, passwords, or biometric verification to add an extra layer of protection to your transactions.

**6. Managing Transactions :** Digital payment apps often include a transaction history feature, allowing users to track their spending and monitor incoming and outgoing funds. Regularly review your transaction history to stay informed about your financial activities.

**7. Stay Informed About Updates :** As technology evolves, digital payment apps frequently release updates to enhance security, introduce new features, and improve user experience. Stay informed about these updates and make sure your app is always up-to-date.

**Challenges and Future Trends :** Security Concerns: While digital payment apps implement stringent security measures, the risk of unauthorized access and fraud remains a concern. Users must stay vigilant and report any suspicious activities promptly.

**Integration of Crypto currencies:** Some digital payment apps are beginning to explore the integration of crypto currencies. Understanding the implications of these additions and how to use them safely will be crucial in the evolving landscape of digital payments.

**Regulatory Developments:** As the popularity of digital payment apps grows, regulatory bodies are adapting to ensure consumer protection and fair practices. Users should stay informed about any changes in regulations that may impact their digital transactions.

**Biometric Advancements:** The future may see further advancements in biometric authentication, providing users with even more secure and convenient ways to verify their identities for transactions.

**Conclusion :** In conclusion, digital payment apps have become integral tools in the financial toolkit of individuals and businesses alike. The convenience they offer, coupled with robust security measures, makes them a preferred choice in an increasingly digital world. By understanding the significance of digital payment apps, exploring popular options, and following a step-by-step guide on how to use them, users can navigate the digital frontier with confidence, embracing the future of financial transactions. As we look ahead, it is essential to stay informed about emerging trends and challenges, ensuring that we make the most of these innovative technologies while safeguarding our financial well-being.

**Mrs. Bhawana**

Assistant Professor of Commerce

## Startups

A startup is a young company that is just beginning to develop. Generally startups are small units which are financed and operated by the one or more individual. These startups are having their own niche in market in specific fields.

The need of startups is felt in today's scenario in our own country as the population is increasing day-by-day and the jobs available here are not sufficient for the youth. The problem of brain drain is also increasing due to unemployment. The problem of unemployment can be solved to some extent



by setting startups. If a person starts a business, he is able to earn his own living as well as he provides employment to other people.

Govt. is giving many opportunity to start the startups. Such as loans at concessional rates and various tax concessions. Haryana is well known for its entrepreneurial identity owing to which, it has emerged as one of the most sought-after startup destination in the country. Gurugram is the hub of startup ecosystem and there are currently approximately 4500 + DPIIT registered startups in the state which are actively working in various fields i.e in Information Technology, Engineering, Electronics, Automobiles, Textiles and other Hi-Technology Industries. The new startup Haryana policy was launched in 2022. The aim of the policy was to encourage, facilitate and support the emergence of at least 5000 new startups in the state for the period 2022-2027. The new portal is designed to serve as the single platform for startups for interacting with government and regulatory institutions for all business needs and information exchange among various stakeholders.

**Komal**  
B.Com II

# The Group of Twenty (G-20)



The Group of 20 (G 20) is an international forum for the governments and central bank governors from 20 major economies. G 20 is organized every year. The G-20 is also known as the group of twenty.

G-20 was established in the year 1999. In G-20 global problems like trade, climate change, sustainable development, health, agriculture, energy, environment and corruption have been given place.

## **India and G-20**

India holds the presidency of the G-20 from 1 December 2022 to 30 November 2023.

Vasudhaiva Kutumbakam, which translates to "One Earth, One Family, One Future", is the theme of India's G-20 presidency. The theme fundamentally highlights the importance of all life - human, animal, plant and micro-organism - as well as their interdependence on Earth and across the universe. The theme also exemplifies life (life lifestyle for environment) which highlights the importance of environmentally sustainable and responsible lifestyle choices, both at the individual and national level, in creating a cleaner, greener, and bluer future.

## **G-20 Countries**

The members of the G-20 are – Argentina, Australia, Brazil, Canada, China, France, South Korea, Germany, India, Indonesia, Italy, Japan, Mexico, Russia, Saudi Arabia, South Africa, UK, Turkey, European union (E.U) and the USA.

Developed and developing nations make important contributions to this conference. The main objective of this conference is to end the financial crisis.

## **Importance of G 20 for India**

1. Green development, Climate finance & life.
2. Economic and financial advantage.

3. Benefits of keeping economies stable in the world economic crises.
4. International Trade.
5. Technological Transformation & Digital public infrastructure.
6. Women - led Development
7. Multilateral Institutions for the 21st century.

### Conclusion

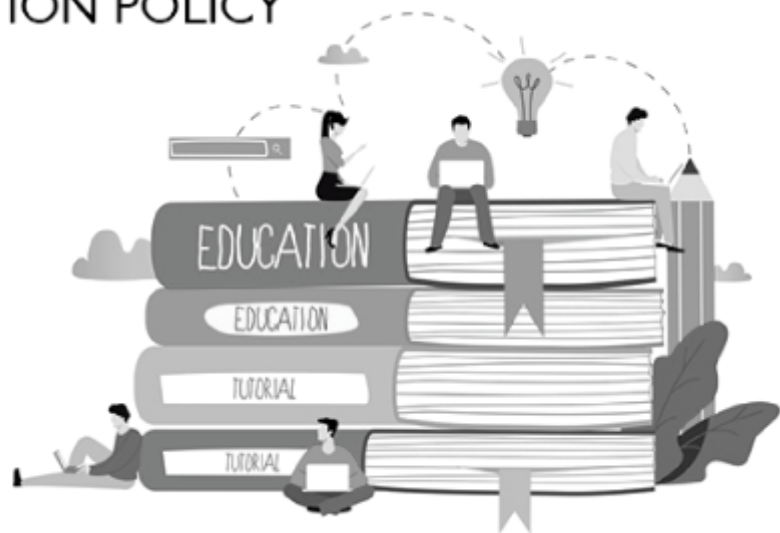
G-20 Conference provides an economic platform. Large and economically important countries of the world are included. These conferences talk about issues like climate change, development, assistance, agriculture, energy and global health. Brazil will host the 2024 G-20 summit on 19 Nov 2024. Brazil has taken over the presidency of G-20 summit from India on December 1, 2023.

**Prachi**  
M.Com. II

## New Education Policy 2024

The new education policy 2024 aims to reduce students curriculum burden and promote inter-disciplinary and multilingual learning through significant changes to board exams, focusing on objective -descriptive formats and biannual mode.

### NATIONAL EDUCATION POLICY



The Indian government original National Education policy (NEP) was drafted in 1986, was last modified in 1992. The government realizing the setbacks of the old policy aimed to create a new education policy to modernize the education system.

It aims in overall development of students including sports, creativity and science. student will be able to choose subjects based on their interest rather than blindly following the stream structure.

As suggested by the NEP 2020, the new education system will follow a 5+3+3+4 education system where the students will spend 5 years in strengthening their foundation, 3 years in the preparatory stage, 3 years in the middle stage and rest 4 years in the secondary stage.

### **FEATURES OF NEP**

1. Foundational Literacy and Numeracy.
2. Focus on early childhood care and education (ECCE).
3. A new and comprehensive national curriculum framework for teacher education (NCETE).
4. School exam reforms.
5. Financing education.
6. The policy introduces a flexible course structure with multiple entry and exit points.
7. School Governance.
8. It will be expanded to play a significant role in increasing gross enrollment ratio (GER).
9. The new policy 2024 aims to foster overall cognitive, moral and societal development of students.
10. Vocational courses.

**Nancy**  
B.Com. II





# Cryptocurrency

## The future of money is digital currency

We all are well aware of the term of currency or money. It is stated as basic requirement of the people for getting different purpose (i-e to buy different things, for investment etc.) is in the physical forms. A crypto currency is also a form of currency but it is not available in physical forms. It is digital and virtual currency. It is set of binary data and that is used as a medium of exchange for goods and services.



Bitcoin is referred to as first decentralized crypto currency that was developed by Satoshi Nakamoto in the year 2009. Various other crypto currency have been designed after emergence of bitcoin. There are more than 7000 crypto currency in the world. The other crypto currency except bit coin are termed alt coins, Litecoin, Peercoin, Cardano etc.

### Advantages :-

1. There is no involvement of third party for transferring funds between parties because of development of crypto currency.
2. The data of the transaction is safely stored in the block with full privacy and can not be edited by anybody.
3. This protects the users from any kind of fraud and cyber crimes.
4. Any body can easily join a network of crypto currency as there are no restriction for presenting the proof of identity, income and address.

### Disadvantages :-

1. There is high privacy in transaction of crypto currency and thus it can easily be carrying out illegal activities like money laundering, terror, financing, selling, drags child pornographies, criminal activities etc.
2. The people who do not use internet can not access this technology.
3. Crypto currency is not having acceptance every where in the world.
4. There are lack of regulation, no refund, no cancellation.

### Crypto currency in India :-

The investors and the business men of India and different nations started taking interest in using this currency in trade and commerce.

The government of India has decided to introduce the bill called cryptocurrency and regulation of official digital currency Bill 2021. It will implement to ban all the private crypto currency and create a digital currency in the nation.

**Mahak**  
M.Com-I

## Work-Life Balance

In today's fast-paced world, achieving work-life balance is a challenge faced by many, especially those in demanding professions. Jobs that require long hours, high levels of responsibility, and constant availability can lead to burnout and negatively impact personal well-being. However, with conscious effort and effective strategies, individuals in hard jobs can strike a balance between work and life, leading to increased job satisfaction, productivity, and overall well-being.

One of the key elements in achieving work-life balance is setting clear boundaries. This involves defining specific work hours and sticking to them as much as possible. It's crucial to



communicate these boundaries to colleagues and supervisors to manage expectations and avoid overworking. Embracing technology can also help in creating a flexible work environment, allowing employees to work remotely or adjust their schedules when needed.

Time management skills play a vital role in balancing work and life demands. Prioritizing tasks, delegating responsibilities, and learning to say no to non-essential commitments can help reduce work-related stress and create more time for personal activities and relationships. Effective time management also involves taking breaks and scheduling time for relaxation and rejuvenation, which are essential for maintaining mental and physical health.

Support from employers and organizations is essential for promoting work-life balance in tough jobs. Companies can execute policies such as flexible work hours, telecommuting options, and wellness programs to support employees' well-being. Providing resources for

stress management, mental health support, and work-life balance workshops can also contribute to creating a healthy work environment.

Self-care is another crucial aspect of achieving work-life balance. Engaging in regular exercise, practicing mindfulness and relaxation techniques, and prioritizing hobbies and interests outside of work can help reduce stress and improve overall happiness and satisfaction. Individuals in tough jobs need to prioritize their well-being and make time for activities that bring joy and fulfilment.

Building strong support networks both at work and outside of work is beneficial for maintaining work-life balance. Connecting with colleagues, seeking mentorship, and fostering positive relationships with friends and family members can provide emotional support and perspective by helping individuals navigate challenges and achieve a sense of balance in their lives. In conclusion, achieving work-life balance in tough jobs requires a combination of personal effort, effective time management, support from employers, self-care practices, and strong social connections. By prioritizing well-being, setting boundaries, managing time effectively, and seeking support when needed, individuals in demanding professions can lead fulfilling and balanced lives, both professionally and personally.

**Aman**  
B.Com II

## Online Shopping

Online shopping has revolutionized the way people buy and sell products, leading to the rapid growth and popularity of online shopping sites. From the convenience of shopping from anywhere at any time to the wide variety of products available, online shopping offers numerous benefits for both customers and merchants. However, it also comes with its drawbacks that affect both parties. Let's explore the benefits and drawbacks from both customer and merchant points of view.



### **Benefits for Customers:**

**Convenience:** One of the primary benefits of online shopping is convenience. Customers can browse and purchase products from the comfort of their homes or while on the go, without the need to visit physical stores.

**Variety and Selection:** Online shopping sites offer a vast array of products from multiple brands and sellers, providing customers with a wide selection to choose from. This variety allows customers to find unique items and compare prices easily.

**Time and Cost Savings:** Online shopping saves time and money for customers by eliminating the need for travel to stores, parking fees, and impulse purchases. Many online retailers also offer discounts, deals, and free shipping, further enhancing cost savings.

**Ease of Comparison:** Customers can easily compare prices, features, and reviews of products across different online shopping sites, enabling informed purchasing decisions.

**Drawbacks for Customers:**

**Shipping Costs and Delays:** Some online retailers may charge high shipping fees, and customers may experience delays in receiving their orders, especially during peak seasons or due to logistical issues.

**Quality and Authenticity Concerns:** Customers may face challenges in assessing the quality and authenticity of products when shopping online, leading to potential disappointments if the received items do not meet expectations.

**Returns and Refunds:** Dealing with returns, exchanges, or refunds can be cumbersome for customers, particularly if the online retailer has strict return policies or if the product received is damaged or not as described.

**Benefits for Merchants:** Global Reach: Online shopping sites provide merchants with a global platform to reach customers beyond geographical boundaries, expanding their customer base and market reach.

**Cost-Effective Marketing:** Digital marketing strategies such as social media advertising, email campaigns, and search engine optimization (SEO) offer cost-effective ways for merchants to promote their products and reach target audiences.

**Data Analytics:** Online platforms provide valuable data analytics tools that allow merchants to track customer behavior, preferences, and trends, enabling them to make data-driven decisions to improve sales and customer experience.

**Drawbacks for Merchants:**

**Competition and Pricing Pressure:** The proliferation of online shopping sites has increased competition among merchants, leading to pricing pressure and the need to offer competitive prices and promotions to attract customers.

**Logistical Challenges:** Merchants may encounter logistical challenges such as inventory management, order fulfilment, shipping logistics, and returns processing, especially during peak seasons or when dealing with international shipments.

**Cyber Security Risks:** Online transactions pose cyber security risks such as data breaches, fraud, and payment disputes, requiring merchants to invest in secure payment gateways, encryption technologies, and fraud detection systems to protect customer data and transactions.

While online shopping sites offer numerous benefits such as convenience, variety, cost savings, global reach, and data analytics for both customers and merchants, they also come with drawbacks such as shipping costs, quality concerns, returns processing, competition, logistical challenges, and cyber security risks. It is essential for both parties to weigh these pros and cons and take proactive measures to enhance the online shopping experience and mitigate potential challenges.

**Deepali**  
M.Com-I

# Health Insurance

The pandemic served as a wake-up call for many individuals and families regarding the importance of health insurance. The uncertainties brought by the virus, including its rapid spread and the potential for severe illness, highlighted the necessity of having adequate healthcare coverage. As a result, there has been a noticeable surge in the popularity of health insurance plans worldwide.



Consumers are now more aware and proactive when selecting health insurance plans. They prioritize comprehensive coverage, including benefits for COVID-19 testing, treatment, and vaccination. Telehealth services have also gained prominence, with consumers seeking policies that offer remote consultations and digital healthcare solutions. Additionally, there is a growing trend towards customizable plans that allow individuals to tailor coverage according to their specific needs and budget. This flexibility ensures that consumers receive adequate protection without overpaying for unnecessary features.

## **Advantages of Health Insurance for Significant Medical Expenses**

One of the primary advantages of health insurance is its ability to provide financial security during medical emergencies and significant healthcare expenses. Hospitalization, surgeries, chronic illness management, and specialized treatments can incur substantial costs, potentially leading to financial strain or even bankruptcy for uninsured individuals.

Health insurance mitigates this risk by covering a portion or all of the medical expenses, depending on the policy terms and coverage limits. It offers peace of mind, knowing that one's health and finances are protected against unforeseen healthcare costs.

Moreover, health insurance encourages preventive care and early intervention by covering routine check-ups, screenings, vaccinations, and wellness programs. These proactive measures not only promote better health outcomes but also reduce the likelihood of costly medical interventions in the future.

## **Health Insurance as a Taboo**

Despite its advantages, health insurance continues to carry a certain stigma or taboo in some communities or cultural contexts. This reluctance or hesitancy towards insurance may stem from various factors, including misconceptions about coverage, affordability concerns, lack of awareness about available options, or cultural beliefs regarding healthcare and illness.

Addressing this taboo requires education, outreach, and advocacy efforts towards health insurance, highlight its benefits, and debunk common myths. Collaborative initiatives involving government agencies, healthcare providers, insurers, and community organizations can play a crucial role in promoting insurance literacy and encouraging uptake among underserved population.

**Nikita**  
M.Com-II

# Challenges of Youth in India

## Challenges Faced by Youth in India and Solutions

India, with its large youth population, is poised for significant growth and development. However, this demographic advantage comes with its own set of challenges that need to be addressed for the youth to realize their full potential.

**The youth of India face a variety of challenges, including:**

**Unemployment:** One of the major issues is the lack of employment opportunities, especially for educated youth, leading to frustration and disillusionment.

**Education:** While access to education has improved, the quality of education and the relevance of the curriculum to job market stills remain unattended.



**Poverty:** Many young people in India come from impoverished backgrounds, limiting their access to resources and opportunities.

**Healthcare:** Health issues, including mental health problems, access to healthcare services, and nutrition, are significant challenges for youth in India.

**Gender Inequality:** Despite progress, gender discrimination and unequal access to opportunities persist, particularly in rural areas.

**Skill Development:** There is a gap between the skills possessed by youth and those required by the job market, leading to underemployment and unemployment.

**Political Participation:** While the youth constitutes a significant portion of the population, their active participation in politics and decision-making processes is limited.

**Environment:** Environmental degradation and climate change pose long-term challenges for the youth, impacting their prospects and quality of life.

## **Solutions:**

**Skill Development Programs:** Implementing skill development programs that are aligned with industry requirements can help bridge the gap between skills and employment opportunities.

**Education Reform:** Reforms in the education sector to improve the quality of education and making it more relevant to the needs of the job market are crucial. This includes updating the curriculum, improving teaching standards, and providing vocational training.

**Job Creation:** Promoting entrepreneurship and creating more job opportunities, especially in sectors with high potential for growth, can help reduce unemployment among youth.

**Healthcare Access:** Improving access to healthcare services, particularly in rural areas, and raising awareness about health issues can improve the health outcomes of youth.

**Gender Equality:** Implementing policies and programs that promote gender equality, including education and economic empowerment for women, can help address gender discrimination and improve opportunities for young women.

**Political Participation:** Encouraging youth participation in politics and decision-making processes through programs such as youth councils and leadership training can empower youth to contribute to the development of their communities.

**Environmental Conservation:** Promoting environmental conservation and sustainable practices through education and awareness campaigns can help mitigate the impact of environmental degradation on the youth.

## **Optimum Utilization of Resources:**

To address these challenges and implement the solutions effectively, it is crucial to ensure the optimum utilization of resources. This can be achieved through:

**Partnerships:** Collaborating with the private sector, non-profit organizations, and educational institutions can help leverage resources and expertise to address youth-related challenges.

**Technology:** Utilizing technology, such as online education platforms and mobile health apps, can help reach a larger audience and provide cost-effective solutions.

**Community Engagement:** Engaging communities and local stakeholders in the design and implementation of programs can help ensure that resources are targeted effectively and solutions are sustainable.

**Data-driven Approaches:** Using data to identify key challenges and monitor progress can help allocate resources more efficiently and measure the impact of interventions.

**Capacity Building:** Investing in the capacity building of youth and local organizations can help build sustainable solutions and empower communities to address their own challenges.

Hence the challenges faced by youth in India require a multi-faceted approach that includes education reform, skill development, job creation, and efforts to promote health, gender equality, and environmental conservation. By utilizing resources effectively and implementing targeted solutions, India can harness the potential of its youth population for sustainable development and growth.

**Manshi**  
B.Com. III

## Trends in Online Payments

In today's digital age, online payments have become an integral part of daily life, revolutionizing the way people transact and conduct business.

### Trends in Online Payments

One of the notable trends in online payments is the shift towards mobile payments. With the proliferation of smartphones and the convenience they offer, mobile payment apps have gained significant importance. Services like Apple Pay, Google Pay, and various banking apps allow users to make seamless transactions with just a few taps on their devices.



### Advantages of Online Payments

The advantages of online payments are numerous and impactful. Firstly, they offer unparalleled convenience. Users can make payments anytime, anywhere, without the need to visit physical stores or banks. This convenience is particularly beneficial for busy professionals and individuals with hectic schedules.

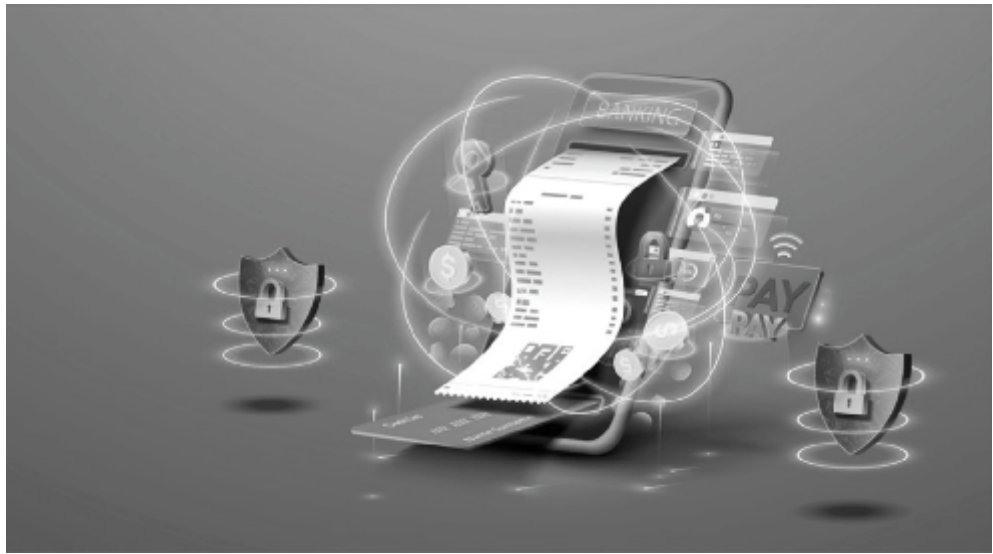
Online payments also enhance financial management and tracking. Digital platforms provide detailed transaction histories, spending analysis tools, and real-time notifications, empowering users to monitor their finances effectively and make informed decisions.

Furthermore, online payments promote financial inclusion by providing access to banking services for underserved populations. Digital payment solutions enable people without traditional bank accounts to participate in the economy, receive payments, and access essential financial services.



## Risks and Security Issues

Despite the many benefits, online payments also come with inherent risks and security concerns. One of the primary risks is the potential for fraud and identity theft. Cybercriminals employ various tactics, such as phishing scams, malware, and card skimming to steal



sensitive information and unauthorized access to accounts.

Another concern is data breaches and privacy issues. Companies that process online payments must safeguard customer data to prevent breaches that could compromise personal and financial information. Data protection regulations, such as GDPR and PCI DSS compliance, play a crucial role in mitigating these risks.

Moreover, online payment systems are susceptible to technical glitches and system failures, leading to transaction errors, delays, or disruptions in service. Robust infrastructure, redundancy measures, and disaster recovery plans are essential to minimize these operational risks.

## Popularity and Adoption

Despite the risks, online payments continue to gain popularity and widespread adoption. The convenience, speed, and efficiency they offer have made them the preferred choice for individuals, businesses, and even governments. E-commerce platforms, digital marketplaces, subscription services, and utility providers all rely heavily on online payment solutions to facilitate transactions and enhance customer experience.

The COVID-19 pandemic further accelerated the adoption of online payments as lockdowns and social distancing measures drove more people towards digital channels for shopping, bill payments and financial transactions. This shift is expected to persist post-pandemic, shaping the future of the payments' landscape.

Online payments have evolved into a cornerstone of modern finance, driven by technological advancements, changing consumer behaviour and market demands. While they offer unparalleled convenience and efficiency, addressing security challenges and enhancing trust among users remain a priority for stakeholders across the payment ecosystem. As the digital economy continues to evolve, online payments will undoubtedly play a central role in shaping financial services and driving economic growth.

**Alisha Taya**  
M.Com-II

# Stress Management

In today's society stress affects every aspect of our life, manifesting physical, mental and emotional aspects of life. Physically, it tightens muscles, triggers headaches and contributes to chronic conditions like hypertension. Mentally, it clouds thoughts, impairs decision making and hampers concentration. Emotionally it fosters anxiety, irritability and constant feeling of overwhelm. Acknowledging stress impact is crucial, promoting the adoption of strategies such as mindfulness, exercise and seeking support and restoring equilibrium admits life's demands.

## **Simple tips to manage stress and reduce the overall stress of day-to-day activities:**

**1. Use meditation :** Meditation is a great way to distract you from the stress of day-to-day life. Stress makes you anxious, tense and worried – you might try meditation. Spending even a few minutes in meditation can help restore your calm and inner peace. Anyone can practice meditation. It's simple and doesn't cost much. And you don't need any special equipment. You can practice meditation wherever you are. You can meditate when you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a business meeting. Meditation has been around for thousands of years. Early meditation was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is most often used to relax and lower stress. Meditation is a type of mind-body complementary medicine. Meditation can help you relax deeply and calm your mind. During meditation, you focus on one thing. You get rid of the stream of thoughts that may be crowding your mind and causing stress. This process can lead to better physical and emotional well-being. Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress by focusing on something that calms you. Meditation can help you learn to stay centered and keep inner peace.

**2. Practice deep breathing:** Deep breathing is a great way to reduce the activation of your nervous system, which controls the body's response of fighting to a perceived threat. Deep breath taken in for a count of five seconds, hold it for two seconds and release for a count of five seconds, can help activate your parasympathetic nervous system to rest and digest, which helps reduce the overall stress and anxiety you may be experiencing.

**3. Maintain physical exercise and good nutrition:** Physical exercise and nutrition are two important components in how you respond to stress. When your body is healthy, your mind can be healthy and vice versa. Physical exercise is proven to be a great stress reliever and also helps to improve your overall quality of life. Nutrition is important because stress can deplete certain vitamins, such as A, B complex, C and E. Maintaining proper nutrition not only helps your body feel better, but your mind as well, which allows you to better combat stress.

**4. Manage social media time:** Spending time on social media sites can become stressful, not only by what you might see on them, but also because this time might be spent enjoying visiting with friends, being outside enjoying the weather or reading a new book. In addition, many people use social media at night, which may worsen quality sleep resulting into stress.

**5. Connect with others:** Humans are social beings. You need to have connections with people to feel supported. Finding a sense of community, whether at work, with a religious organization or through shared activities, such as organized sports, is important to your well-being. Enjoying a shared activity allows you to find support and foster relationships that can be supportive in difficult times.

**Somal**  
B.Com- I

## Chandrayaan-3

Chandrayaan-3 is India's third moon mission conducted by the Indian Space Research Organisation (ISRO). It was launched on July 14, 2023 at 2:35 PM from Satish Dhawan Space Centre and landed on August 23, 2023 at 5:47 PM at lunar South Pole region. To mark the successful landing of Chandrayaan-3, 'National Space Day' will be celebrated each year on August 23. It is a



follow up of Chandrayaan-1 and Chandrayaan-2. Chandrayaan-2 failed to make a soft landing and crashed during touchdown. The main objective of Chandrayaan-3 is to safely and softly land on the surface of the moon and conduct on-site experiments on the lunar surface. The mission has three parts: a lander named Vikram, a satellite called an orbiter and a rover named Pragyan. Chandrayaan-3 will consist of a lander module (LM), a Propulsion Module (PM) and a rover. The lander called Vikram will be responsible for a soft landing on the lunar surface, while Propulsion Module (PM) carries the lander and rover configuration and propulsion and altitude control for the entire mission. The solar-powered rover will explore the lunar surface and transmit data to Earth. So far, only three countries, the U.S.A., Russia, and China, have successfully landed on the moon. After a successful landing on the moon, India becomes the fourth country to achieve a soft landing on the moon and its first space mission to land near the South Pole.

Chandrayaan-3 is expected to gather a variety of scientific data and information. Some of the objectives of the mission: (1) Surface and subsurface composition (2) Geopolitical studies (3) Presence of water (4) Lunar Exosphere (5) Seismic Activity

The Chandrayaan-3 mission is a significant achievement for the Indian Space Research Organisation. This is a victory for the whole world as we go into a new era of lunar development. Due to Chandrayaan-3, we can get many pieces of information related to the moon. Chandrayaan-3 represents India's continued commitment to exploring space, pushing boundaries and expanding our knowledge of the universe.

**Aarti Rani**  
M.Com- II

# आत्मनिर्भर भारत

आत्मनिर्भर भारत सरकार की एक पहल है जिसका मुख्य उद्देश्य भारतीय अर्थव्यवस्था को स्वावलंबी और स्वाभिमानी बनाना है। इस पहल के तहत कई क्षेत्रों में उत्पादन और सेवाओं को बढ़ावा देने के लिए कई कदम उठाए जा रहे हैं। आत्मनिर्भर भारत के अर्न्तगत विभिन्न क्षेत्रों में निवेश करने के लिए योजनाएँ बनाई गई हैं। जैसे कि विज्ञान और ओद्योगिकी, विनिर्माण, स्वास्थ्य सेवाएँ, खाद्य सुरक्षा, शिक्षा, बिजली और ऊर्जा, बुनियादी ढाँचे और लोजिस्टिक्स। इसका उद्देश्य भारत को आत्मनिर्भर बनाने के लिए अपनी क्षमताओं को पुनः सक्रिय करना है और देश की आर्थिक स्थिति को मजबूत करना है।

**आत्मनिर्भर भारत अभियान :** भारत को आत्मनिर्भर बनाने के उद्देश्य से देश के प्रधानमंत्री श्री नरेंद्र दामोदर दास मोदी ने 12 मई 2020 को इस अभियान की घोषणा की थी जिसमें उन्होंने देश को संबोधित करते हुए कहा था कि भारत की अर्थव्यवस्था को सुधारने के लिए यह एक अच्छी पहल है। इस अभियान के तहत आने वाले कुछ सालों में अधिकतर वस्तुओं का निर्माण भारत में किया जाएगा। इस कारण से ही इस अभियान का नाम आत्मनिर्भर रखा गया है। इस अभियान के तहत उन सभी विदेशी निर्भरताओं को कम करना है जिस वजह से भारत का ज्यादातर व्यापार दूसरे पड़ोसी देशों पर निर्भर है। इसमें बाहर की वस्तुओं पर निर्भर न रहकर अपने स्वयं के स्तर पर अच्छी गुणवत्ता वाले प्रोडक्ट को हमारे देश में ही तैयार करना शामिल है।

आज की बात करें तो हमारे दैनिक जीवन में कई ऐसी वस्तुएँ हैं जिनकी आपूर्ति हमें हमारा पड़ोसी देश चीन करता है। चीन के अलावा अमेरिका, कोरिया, सऊदी अरब भी इसी श्रेणी में शामिल है जो हमारे सामान की मांग को पूरी करता है। भारत के विकास की जड़ें अगर मजबूत करनी हैं तो हमें पहले आत्मनिर्भर बनना पड़ेगा तभी हमारा भारत विकासशील से विकसित देश बनेगा। इस अभियान के तहत जरूरी व आवश्यक चीजों का निर्माण करने से हमारा देश आत्मनिर्भर भारत कहलायेगा।

## आत्मनिर्भर बनने के पांच स्तम्भ

- ★ **अर्थव्यवस्था :** वर्तमान की भारत की अर्थव्यवस्था एक मिश्रित प्रकार की अर्थव्यवस्था है जिसमें परिवर्तन किया जाना संभव है। अर्थव्यवस्था ही एक ऐसा साधन है जो भारत को आत्मनिर्भर बनने की ओर मोड़ सकता है।
- ★ **तकनीकी :** भारत में तकनीकी काफी विकसित है और इसी तकनीकी के चलते भारत विश्व शक्ति बनने का साहस रखता है। भारत की तकनीकी इसी का एक मुख्य अंग है जो भारत को आत्मनिर्भर बनाएगा।
- ★ भारत का आर्थिक ढाँचा इतना मजबूत है कि यह भारत को आत्मनिर्भर बनाने के लिए मदद करेगा।
- ★ भारत में कच्चे माल की मांग इतनी ज्यादा बढ़ रही है की हमें पड़ोसी देश पर निर्भर रहना पड़ता है। अगर हम कच्चे माल का निर्माण भारत में करते हैं तो उस स्थिति में भारत आत्मनिर्भरता की ओर अग्रसर हो सकेगा।
- ★ भारत की जनसंख्या भी काफी तेजी से बढ़ रही है इस पर नियंत्रण भी जरूरी है।

दुनिया में हर देश की अपनी ही पहचान, हमारा आत्मनिर्भर होना ही हमारे देश की पहचान है।

**आत्मनिर्भरता के अवसर :** इस कोरोना महामारी के समय में हमने देखा है कि भारत के साथ-साथ विश्व भी कई संकटों से गुजरा है, देश 55 से भी ज्यादा दिनों के लिए रुक चुका था। बावजूद इसके भी भारत में कई ऐसे अवसर आए जिसकी बदौलत भारत में सैनिटाइजर और मास्क का घरेलू स्तर पर उत्पादन होने लगा। देश में घरेलू उत्पाद तो बढ़े ही साथ ही इससे रोजगार भी बढ़ा।

भारत पहले से ही इस भयानक महामारी से लड़ने के लिए कई सारे प्रोडक्ट बना चुका था जैसे पीपीई किट, वेंटिलेटर, मास्क, सैनिटाइजर इत्यादि। भारत में संसाधनों की कमी नहीं है परंतु लोगों को अवसर नहीं मिलते हैं, परंतु इस कोरोना महामारी की वजह से लोगों ने घरेलू उत्पाद में वृद्धि की है। कोरोना महामारी से लड़ने के लिए इन वस्तुओं के निर्माण के संदर्भ में भारत की तरफ से यह पहला प्रयास है और काफी हद तक यह सफल भी रहा। इसकी वजह से हमारा देश विश्व में एक अच्छी पहचान बना चुका है।

अंजली

बी.कॉम-तृतीय वर्ष

# ATHLETIC MEET



Annual Athletic Meet  
2024

# ATHLETIC MEET




**ATHLETIC  
MEET**







# SCIENCE SECTION

The background of the page is a grayscale photograph of a chemistry laboratory. In the foreground, there are several pieces of glassware: a beaker on the left, a test tube in the center, and a large Erlenmeyer flask on the right containing a liquid and a glass rod. In the center, there is a ball-and-stick molecular model with black and white spheres. The background is slightly blurred, showing a periodic table and some chemical structures.

Learn from yesterday, Live for Today,  
Hope for tomorrow, The important thing is  
Not to stop questioning  
- Albert Einstein

Faculty Editor :  
**Prof. Saroj Bala**

Student Editor :  
**Sakshi Devi**

# Contents

Sr. No.	Articles	Contributors	Page No.
1.	Editorial	Prof. Saroj Bala	3
2.	The Origins of Greek Symbol...	Ms. Kavita Rani	4
3.	10 Interesting Facts about Computer	Sapna Sharma	5
4.	कम्प्यूटर जोक्स	अर्चना	6
5.	Wonders of Mathematics	Tanu	6
6.	The Chemistry of Happiness	Vidhi Luthra	7
7.	Physics Made Simple	Pooja	8
8.	Role of Artificial Intelligence ....	Mahak Sagwal	9
9.	List of founders and Inventors ...	Mrs. Manju	11
10.	Chemistry Behind Ayurveda	Anchal	12
11.	The Science of Tears	Anisha	13
12.	Computer	Swati	14
13.	Chemistry of Culinary Herbs and Spices	Khushi	15
14.	2 DG : India's Indigenously Developed ...	Ritu Devi	16
15.	Periodic Table A to Z	Srishti Sagwal	17
16.	Corona and Colleges	Anupma	18
17.	Wonders of Science	Chakshu	18
18.	Human Impact on Climate Change	Sakshi	19
19.	Beauty of Mathematics	Renu Taya	20
20.	Spectrum	Ashish Devi	21
21.	Tit-Bits on Mathematics	Anju	21
22.	Galaxy	Neha	22
23.	Black Holes	Anisha	23
24.	Chandrayaan-2	Nashita	24
25.	Science behind milk drinking idols	Saloni Devi	25
26.	Applications of Mathematics.....	Sakshi Devi	26
27.	Maths about me. ...	Pooja Sagwal	27
28.	विज्ञान के क्षेत्र में महिलाओं का योगदान	दीक्षा	28
29.	Home Cleaning Tips	Sakshi	29
30.	आधुनिक टेक्नोलॉजी में रोबोट्स की भूमिका	खुशी	30
31.	The Role of Mathematics in Daily Life	Jasmine Kaushik	31
32.	Is Math Really Important ?	Renuka	32

# Editorial



Dear Students,

Welcome to another edition of our college magazine, where we celebrate the achievements, aspirations, and endeavors of our vibrant academic community. As we navigate through the intricate realms of science, each of you contributed significantly to the ever-expanding, frontier of knowledge.

In the pursuit of excellence, challenges are inevitable, but they serve as stepping stones towards greater discoveries. Embrace the journey, cherish the learning experiences, and remain steadfast in your commitment to advancing the frontiers of science.

As graduate students, you are the torchbearers of future scientific breakthroughs. Your curiosity, creativity, and determination fuel the engine of progress, inspiring generations to come.

I encourage you to seize every opportunity for collaboration, exploration, and growth. Together, let us continue to push the boundaries of knowledge and make meaningful contributions to society.

Thank you for your unwavering dedication and passion for science. Your journey is not only shaping the future of academia but also transforming the world we live in.

Best wishes for your continued success.

**Prof. Saroj Bala**  
Associate Professor of Mathematics

# The Origins of Greek Symbols in Mathematics

Mathematics, the language of patterns and structures, has a rich history that spans across cultures and civilizations. Among its fascinating aspects are the symbols used to represent mathematical concepts. In this article, we delve into the origins of Greek symbols in mathematics, tracing their evolution from ancient times to their significance today.

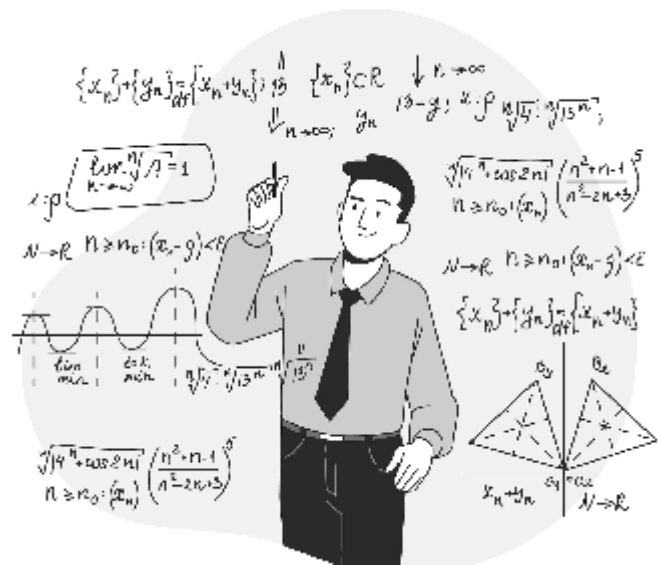
## The Birth of Mathematical Notation

Before the advent of formal mathematical notation, ancient mathematicians communicated using natural language and geometric diagrams. However, as mathematical ideas grew more complex, the need for a concise and standardized system of representation became evident. Enter the Greek alphabet -a powerful tool that revolutionized mathematical communication.

## The Rise of Greek Letters

Greek letters gradually infiltrated mathematical discourse. Let's explore some key symbols and their origins :

1. Alpha (α) : Derived from the Phoenician letter "aleph".alpha symbolizes the beginning-the essence of mathematical exploration.
2. Beta (β) Its name likely comes from the Phoenician word for "house." Beta represents the second position in the Greek alphabet, signifying progression.
3. Pi (π) The person to popularize π as the mathematical constant was Euler. This symbol represents the ratio of a circle's circumference to its diameter. Its ubiquity in geometry and trigonometry underscores its importance.
4. Sigma (σ) : Euler also introduced σ for summations. This symbols elegantly captures the idea of adding up a series of terms.
5. Theta (θ) : Associated with angles, theta reflects the geometric context in which it appears.
6. Delta (Δ) : Delta signifies change of difference. In calculus, it represents infinitesimal increments.



## The role of Pythagoras:

Pythagoras, who was a Greek Philosopher and Mathmetician emphasized the importance of numbers and ratios. His famous theorem-the Pythagorean theorem relates the sides of a right triangle. Although Pythagoras himself did not use symbols extensively, his school of thought paved the way for their widespread adoption.

### **Beyond Mathematics: Symbolic Universality**

Greek symbols transcend mathematics. They appear in physics, engineering, and even literature. The capital letters-Alpha, Beta, Gamma, etc.-often denote constants or specialized functions. Meanwhile, lower case versions-alpha, beta, gamma-represent variables.

### **Conclusion**

The origins of Greek symbols in mathematics lie in the minds of ancient thinkers who sought clarity and precision. Today, these symbols connect us to a legacy of mathematical discovery. As you encounter  $\pi$ ,  $\alpha$  or  $D$ , remember that behind each symbol lies centuries of mathematical exploration-a testament to humanity's quest for understanding.

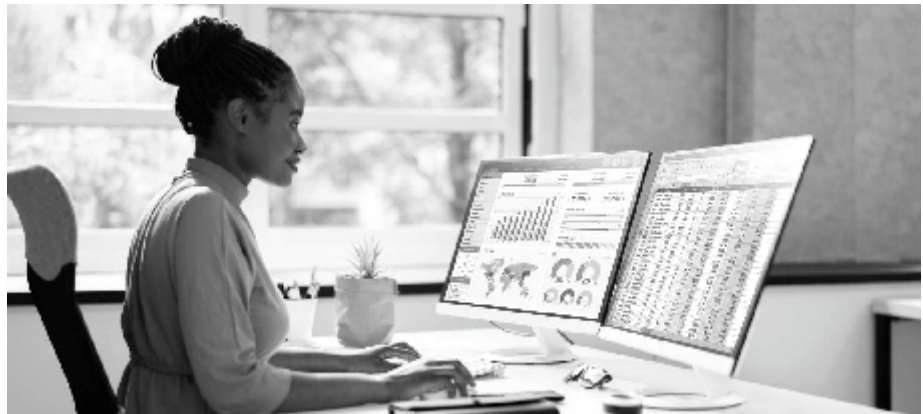
Greek symbols are not mere characters; they are bridges between the past and the present, uniting generations of curious mind in the pursuit of knowledge.

**Ms. Kavita Rani**

Assistant prof in Mathematics

## **10 Interesting Facts about Computer**

1. The first electronic computer was huge and heavy.
2. The first computer mouse was made of wood.
3. The first computer virus was created as a prank.
4. The longest word that can be typed using only one row of the keyboard is "Type Writer".
5. The most common password used by computer users is "123456".
6. The first Gigabyte hard disk drive was introduced in 1980.
7. The original name of window was interface manager.
8. The first microprocessor was designed for a calculator.
9. There are more than 5000 new computer viruses released every month.
10. The human brain is more powerful than any computer.



**Sapna Sharma**

Assistant Professor of Computer Science

## कम्प्यूटर जोक्स

- ★ पति अपनी पत्नी को हिडेन फील्डर को कैसे देखते हैं वो फोन पर सिखा रहा था।  
पति : माय कम्प्यूटर पर क्लिक कर  
पत्नी : हाँ किया  
पति : अब डी ड्राईव पे क्लिक कर  
पत्नी : हाँ किया  
पति : अब देख ऊपर क्या दिख रहा है  
पत्नी : पंखा  
पति : लटक जा गँवार
- ★ एक जमाना था  
जब मोबाइल गिरता था तो बैटरी बाहर आ जाती थी .. अब मोबाइल गिरता है तो, दिल कलेजा, फेफडे, लीवर, किडनी सब बाहर आ जाते हैं।
- ★ लड़की : आज मुझे पापा ने नया 'मोबाइल लेकर दिया  
लड़का : अच्छा, कौन सा मोबाइल है ?  
लड़की : श्याम सिंह का  
लड़का पहले तो चकराया कि, ये कौन सा मोबाइल आया मार्किट में नया ? बाद में उसे समझ आया।  
लड़का : अरे अक्ल की गंवार सेमसंग है वो
- ★ हमें मोबाइल फोन के लिए रिंगटोन भी बहुत सोच समझ कर रखनी चाहिए.. एक शमशान यात्रा के दौरान अचानक किसी के मोबाइल फोन की रिंग बजी।  
अकेले अकेले कहाँ जा रहे हो। हमें साथ ले लो जहाँ जा रहे हो।
- ★ ना तलवार की धार से ना, गोलियों की बौछार से देश बरबाद हो रहा है मोबाइल के रिचार्ज से

## Wonders of Mathematics

In the world of numbers,  
we begin our quest,  
with elementary math,  
we put it to the test.  
Addition and subtraction, oh so fun,  
Counting apples, one by one.

Multiplication joins the dance,  
Group of objects, we enhance.  
Rows and columns, arrays we see,  
As we explore math's symphony.

Division splits, it shares and divides,  
Equal parts, our knowledge guides.  
Fractions form, a piece of the pie,  
With numerators and  
denominators, we can't deny.

Geometry beckons,  
shapes come alive,  
Triangles, circles, rectangles strive.  
Angles and lines, they interplay,  
In the world of shapes,  
we find our way.

Measurement calls, units in hand,  
Length, mass, time and land.  
Rulers and scales, clocks that chime,  
As we measure the passage of time.

Patterns emerge, in a rhythmic flow,  
Repeating sequences, in a row.  
Mathematics unfolds, a magical art,  
In every equation, it plays its part.

अर्चना  
बी.ए. प्रथम वर्ष

Tanu  
B.A. III

# The Chemistry of Happiness

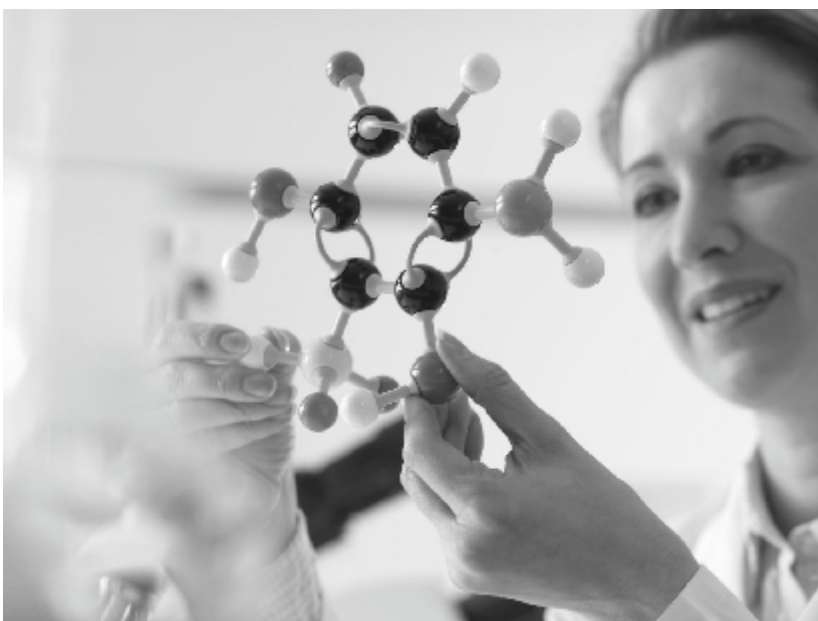
So; Are you ready for a Happy Chemical Ride?

Here is the D.O.S.E. of happiness - Dopamine, Oxytocin, Serotonin and Endorphin. The chemicals involve the neurotransmitters and bring a sense of joy, empathy, self esteem, and togetherness making the practical bonds of trust. The endocrine system controls the production and release of these hormones particularly; the pituitary gland directs the rush of these hormones throughout the body.

**BRIGHT AND BREEZY? YOU'VE GOT SEROTONIN TO THANK. GLOOM AND GRUMPY? A BIG OL' HUG AND A BURST OF OXYTOCIN WILL PERK YOU UP.**

Dopamine with the chemical name 4-(2-aminoethyl) benzene-1,2-dial works as a motivation capsule. The dopamine happiness comes from the brain's reward system, responsible for memory, attention, motivation, boosts self-esteem, regulates ones behaviour and body movements. The chemistry is that the amino acid tyrosine converts into another amino acid, known as fats, regular exercise, meditation, music can boosts the release of this chemical.

Feeling butterflies? Cause oxytocin drives.



In the language of chemistry, oxytocin is cyclin nonapeptide chemical with amino acid sequence Cyionplg. It is produced by the hypothalamus part of the brain which keeps the body's internal functions in balance and then it's secreted into bloodstream by the pituitary gland. From there, oxytocin is directed into spinal cord or other parts of the brain depending on its ultimate purpose. This chemical is linked with emotional attachments and bonding.

Researchers say oxytocin lowers the stress & anxiety and impacts the social behaviour including trust, empathy, positive memories, processing of bond cues and positive communication. Some studies shows that the level of oxytocin can be relatively increased by getting a good sleep, spending the time with families and pets, listening music. Increasing the levels artificially, is bit more complicated. Only the environment can make a change.

Serotonin is the chemical 5-hydroxytryptamine, derived from the amino acids and tryptamines, derived from the amino acids and tryptophan. It occurs in the brain, gastrointestinal tract and blood platelets. This chemical is natural mood stabilizer that helps in getting good sleep, eat, digestion, maintain bone health, stimulates nausea, heals wound, reduces anxiety and a powerful antidepressant. The level of serotonin can be increased by increasing the amino acid tryptophan supplements; spending time doing favourite hobbies

can also elevate the serotonin levels. Light therapy is being adopted by people these days. Researchers have found a relation b/w bright light and serotonin levels.

Happiness come from within, and the chemical drivers is endorphin.

Endorphin is an endogenous opioid peptide neurochemical released after a good, hard workout. Endorphin is formed by the combination of the word "endogenous", which means within the body, and "Morphine", which is an opiate pain reliever. The chemical can help relieve pain, reduce stress and is responsible for euphoric feeling. In a study it was found that the effect of the chemical endorphin can be contagious. It triggers the laughter. The levels of the chemical can be increased by doing simple exercise, walking, laughing with friends, listening music and doing meditation. It is observed from studies that feeling sympathy and doing a simple act of kindness for others can elevate the chemical release.

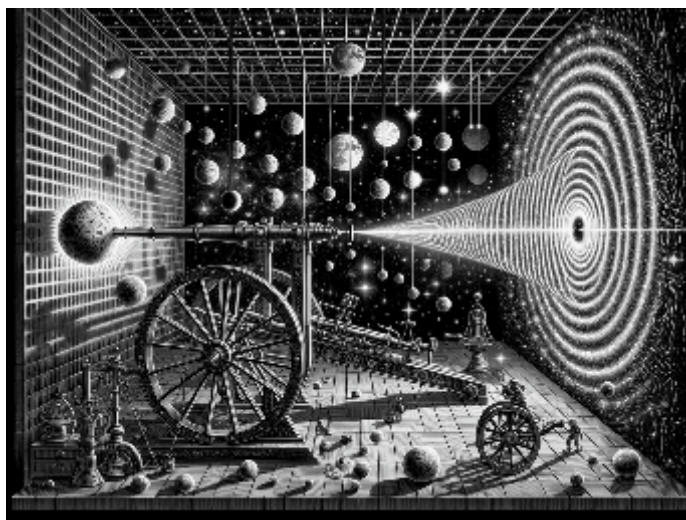
**Vidhi Luthra**

Assistant Professor in Chemistry

## Physics Made Simple

Physics is the natural science of matter, involving the study of matter, its fundamental constituents, its motion and behaviour through space and time, the related entities of energy and force. Physics is one of the most fundamental scientific disciplines, with its main goal being to understand how the universe behaves.

**Physics and devices :** Advances in physics often enable new technologies. The concepts of physics have made the life of human being very comfortable and easy. Some of its concepts and theories help us to understand that what actually is happening around us in the nature and how? Thermodynamics is a branch of science in physics that deals with heat, temperature and work done by it. Heat travels from hotter surface to cooler. This phenomenon is useful for cooking. It led to the development of industrialization and advances in mechanics inspired the development of calculus. By the



understanding of electromagnetism, solid-state physics and nuclear physics, television, computers domestic appliances like refrigerators and nuclear weapons can be made. Our eyes are an incredible gift by God. By the process of reflection, we see objects.

Physics governs a lot of natural phenomenon and also define a number of man-made things which have made our life simple. Walking, seeing, cooking, cutting fruits and vegetables require pressure on knife etc; Physics is everywhere. So, it can be said that this world is ruled by physics.

**Pooja**

B.Sc. III



# Role of Artificial Intelligence in Present Scenario

**Artificial Intelligence is not a substitute for human intelligence,  
it is a tool to amplify human creativity .....**

Artificial intelligence is a volume of computer science that highlights the creation of intelligent technology that works and responds like humans. With applications in almost every area of economy, from finance and entertainment to transport and healthcare, Artificial Intelligence has been one of the most revolutionary and disruptive technology of the modern era. Artificial Intelligence is being increasingly used in numerous fields like medical diagnosis, robots, stock trading scientific discovery, and automobile industry.

## **What is artificial intelligence?**

AI is a branch of computer science that aims to create intelligence machine. Artificial intelligence is the simulation of human intelligence processes by machines based on computer system. These processes include learning, which is the acquisition of information reasoning which is using rule to reach predictable or definite conclusion and self-correction.

## **History of Artificial Intelligence**

In 1950's computer scientists and mathematicians first considered the idea of creating machine that could mimic human intelligence. This is when artificial intelligence, first emerged. The Dartmouth Conference, regarded as the birthplace of AI, was organised by John McCarthy, Marvin Minsky, Nathaniel Rochester, and Claude Shannon in 1956. AI advanced quickly and made a number of significant advances, including creation of expert system, machine learning, algorithms, method of natural processing and neural learning.

## **Current applications of Artificial Intelligence**

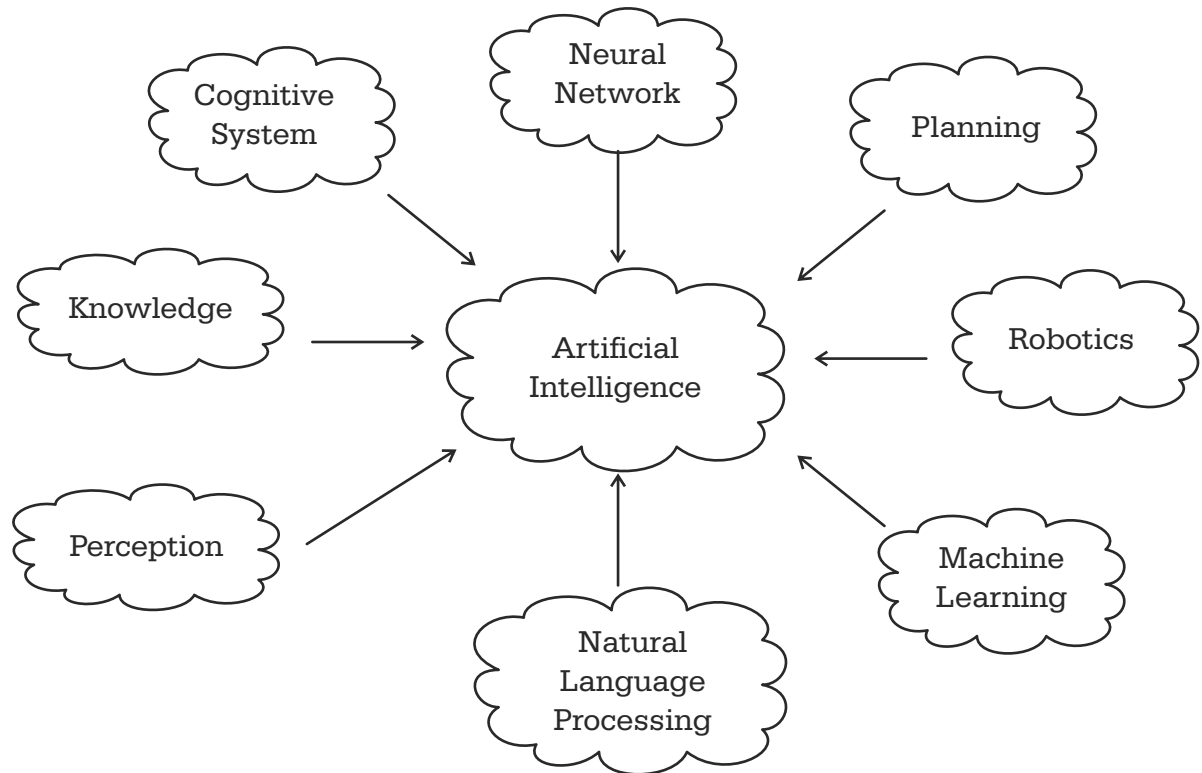
A wide range of modern technologies, including chatbots, virtual assistants, self driving cars and drones use AI. The most promising application of AI are :

**Agriculture** : AI has a major role to play in driving a food revolution and meeting the increased demand for food. Applied AI addresses challenges such as lack of assured irrigation, inadequate demand prediction, and excess use of pesticide, fertilizer & fungicide.

**Manufacturing** : It can enable flexible & adoptable technical system to facilitate various processes & machinery to respond to unfamiliar or unpredictable situations by "Making smart divisions" through flexible and adoptable technical system.

**Healthcare** : AI plays an important role in the field of healthcare by addressing issues of high barriers, particularly in rural areas that lack poor communication and a professional healthcare system.

**Education and Skilling** : AI provides the need for student intervention to provide solution to quality and accessibility issues in education sector and enhance the learning experience through personalised learning in education sector and enhance the learning and reduce dropouts.



### **Future prospects of Artificial Intelligence**

AI has virtually limitless potential and its effects on society are likely to be significant. Machine with general artificial intelligence are capable of a variety of cognitive tasks that are typically performed by humans. The development of general AI would allow machines to team and



adopt to new situations, solve complex problems, and interact with humans in more natural ways. Current AI system are highly focused on specific tasks.

### **Advantages of Artificial Intelligence :-**

- Artificial intelligence mainly helps us in error reduction as the machines work in a more systematic way than human .
- In daily applications like Alexa, Google and Siri which are known as Digital Assistants, AI is helping human to lead a better life at no extra cost.
- AI programmed robots can perform more laborious hard work than human beings, as humans are subjected to tiredness, fatigue etc.

### **Disadvantages of Artificial Intelligence**

- AI systems are very expensive to develop and maintain

- As we have limited data & resources, AI cannot replicate the human level of intelligence
- AI is data hungry. The more accurate data you feed during the machine learning process, the more accurate your result will be
- AI cannot be creative as we humans are.

### **Global Development in AI**

The economic and social benefit of applied AI are familiar in all the world countries. In the area of research in AI & related technologies, universities & research institutions from the united states, china & japan has led the publication volume on AI research topic b/w 2010 & 2016

Artificial intelligence will have a more profound impact on humanity than fire, electricity and the internet

Every new invention has some positive and negative impact but we must use positive aspects of the invention to create better world some even say that AI can destroy the human civilization if it goes in wrong hand. But still, no AI application has been created that could destroy humanity from the earth. In this way, in the medium & long term, AI will produce better paying jobs & enhance & develop the human resource of country & the world....

**Mahak Sagwal**  
B.Sc. II

## **List of founders and Inventors Related to Computer**

- Father of Computer : Charles Babbage
- Founder of Keyboard : Christopher Latham Sholes
- Founder of Mouse : Douglas Engelbart
- Founder of USB : Ajay V. Bhatt
- Founder of www : Tim Berners Lee
- Founder of Artificial Intelligence : - John McCarthy
- Founder of E-mail : Shiva Ayyadurai
- Founder of Internet : Vint Cerf
- Founder of Microsoft - Bill Gates and Paul Allen
- Founder of Mobile Phones : Martin Cooper
- Father of 'C' Language : Dennis Ritchie



**Mrs. Manju**  
Assistant Professor Computer Science

## Chemistry Behind Ayurveda

The term Ayurveda has been derived from Sanskrit word 'Ayur' as the life and 'veda' as science meaning science of life. Ayurveda is a natural system of medicines that originated in India more than 3000 years ago.

Ayurveda is a term that is not only well known in Indian culture but also is slowly making its way towards the global platform. Ayurveda shouts complete harmony of human body with the elements of nature and the surroundings environment for healthy life. Ayurveda science not only deals with medical science but its scope goes much beyond the world of conventional science also. It also includes factors like herbal medicine, body works, and surgery apart from the social, psychological, ethical, spiritual and intellectual life of human beings.



The theory and practice of Ayurveda are pseudoscientific while the protocol is based on single and polyherbal formulations. The medicines are typically based on complex herbal compounds, minerals and substances. If we take out some time and notice, we will find that Ayurveda is directly linked to chemistry. Ayurvedic preparations have been found to contain lead, mercury and arsenic substances known to be chemically useful for some particular diseases when administered in very minute quantities. Even the ancient Charaka Samhita and Sushruta Samhita gives us an insight into the relationship b/w chemistry and Ayurveda.

Ayurveda medicines are safe, non-invasive and non-toxic with no side effects.

Ayurveda medicine is also backed up by scientific evidence. The most commonly used herbs in Ayurveda preparations are Tulsi, Guduchi, Ajwain, Shilajit etc. It has been scientifically proved also each of these herbs and species holds a multitude of benefits for the mind, body and spirit. India one of the most famous Ayurvedic company Dabur manufactures Ayurvedic medicines and natural consumer products which not only help to maintain a healthy lifestyle but also promote the holistic well-being of mind and body. Most of the ancient ayurvedic books also speak about purified and processed metals, minerals and gems in treatment because of their fast acting, low dose, no side effects.

The importance of minerals is classified in the maharasa, uparasa and sadarasa. There is also mention of more specific diseases that are addressed by medicinal substance such as sulphur, gold, mica and others. On the other hand, there are plenty of warnings about using metals and substances which are not prepared or purified correctly because the use of unpurified metals can cause diseases.

**Anchal**  
B.A. II

# The Science of Tears

Tears are beneficial to the eye's health, but they're also a critical aspect of emotional and social communication.

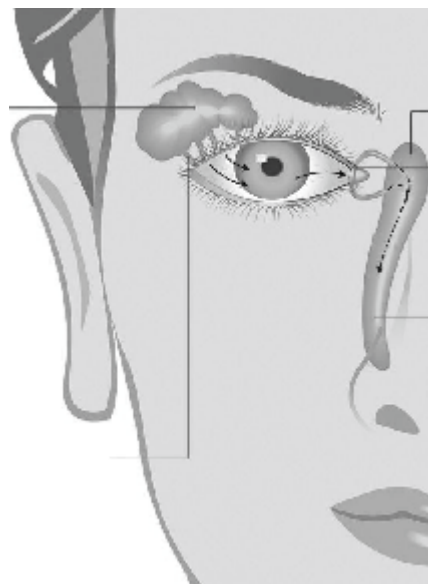
Have you ever cried during a movie ?

While tears provide physical health benefits to the eye, like maintaining hydration and providing protection against irritants, they also signal that emotional and social support is needed.

We associate crying with physical and emotional distress, but tears also play an essential part in how we express a wide variety of feelings.

Tears can help in communication when words aren't enough.

The eyes produce an average of 15-20 gallons of tears each year. As we age, we produce fewer tears. An absence of tears can be damaging to our eyes.



## What are tears ?

They are essential to eye health. They help the eye stay hydrated and offer protection from bacteria, dust, dirt, and other irritants. Tears also signal the need for social bonding and support.

## There are three types of tears :

- Basal tears : Provide lubrication and nourishment to the eye and act as a barrier of protection to cornea.
- Reflex tears : Occur in response to harmful irritants and help wash away anything foreign that gets into the eye.
- Emotional tears : happen in response to biological, psychological and sociological factors

Each tear is comprised of three layers :

- Inner mucus layer : helps keep the tears attached to the eye.
- Watery middle layer : offers hydration, protection to the cornea, and provides a shield against bacteria.
- Outer oily layer : helps the surface of the tear remain smooth and prevents evaporation.

Tears originate in the lacrimal gland located above the eye. Once formed, tears travel across the eye's surface to the tiny holes located in each upper and lower eyelid. From there, the tears travel through small canals down into the nose where they're either reabsorbed or evaporated.

Why do we cry ?

Once considered "purposeless" by the evolutionary great Charles Darwin, tears are now recognized as an essential aspect of our physical & emotional health.

Physically, tears act as a shield for the eye and emotionally tears serve a much more complex purpose.

Emotional tears originated from animal vocalizations. Babies' lacrimal glands are not fully developed at birth and can't produce tears, but they still need to be able to signal when they're in distress or need care, so they vocalize.

In infant age, the presence of tears increases while the need for vocalization decreases.

Adulthood sees an increase in emotional tears and rightfully so. Our responsibilities get increasingly larger and the pressure to perform hangs like a cloud over our heads.

Triggers can include a variety of pain-related factors, such as

- Physical Pain
- Societal Stressors
- Emphatic Feelings
- Relationship Difficulties

Although we tend to associate tears with pain, they can also be shed in response to feelings of joy and happiness.

The body can't distinguish between overwhelming feelings of fear and sadness or the intense emotions of excitement and pleasure. It just knows that these heightened feelings require a response and release.

### **Are there benefits of crying?**

Crying provides many benefits. Not only is it a signal for help during physical & emotional distress, but crying can also help relieve stress, decreasing the levels of cortisol in the body. Tears also can increase trust and empathy between individuals. Crying can also present the opportunity for emotional bonding, attachment, and sincere authenticity.

### **Next steps :**

Crying is a typical response to physical & emotional pain. However, if you feel like you're crying more often than usual or are becoming more sensitive to stressful situations, it might be time to consider reaching out for help.

Frequent & excessive crying could be a sign of depression, anxiety or pseudobulbar affect (PBA).

**Anisha**  
B.Sc. II

## **Computer**

- The word computer comes from the Latin word 'computare', which means to 'Calculate'.
- A computer consists of physical component that can be attached to it, known as a hardware.
- A computer contains a set of directions that are already installed inside the machine known as the software.
- Computers generally have an application software, a program that functions after the operating system software is loaded.

**Swati**  
PGDCA

# Chemistry of Culinary Herbs and Spices

Herbs are obtained from the leaves of herbaceous plants while spices are obtained from roots, flowers, fruits, seeds or bark. Spices are local to hot tropical climates and may be woody or herbaceous plants.

Herbs are the green, leafy additives of plants. They are maximum efficacious and flavorsome whilst used fresh, and they may be generally grown in temperate to warm regions. Spices are derived from any part of a plant that is not a leaf : for example, cinnamon is bark, Ginger is a root, peppercorns are unit berries, nigella is seed, cumin is a fruit, saffron is stigmas, Cardamom is pod and seeds. Species are commonly utilized in small amounts and dry form. One single plant can be an herb as well as spice. Aromatic seeds like dill are a spice, even if dill leaves are herbs.

However, coriander and parsley roots, garlic and fennel bulbs are spices. There is now enough scientific proof that spices and herbs own antioxidant, anti-inflammatory, antitumorogenic and anticarcinogenic properties. Spices and herbs such as dove rosemary, sage, oregano and cinnamon are excellent source of antioxidants with their excessive content material of phenolic compounds.

## Some Selected herbs & Spices

**Chilli Peppers** : Bioactive components : red pepper incorporates 0.2-2% Capsaicinoids that are answerable for the pungency or bite in capsicums. Capsaicin, and alkaloid debts for approximately 50-70% of the full capsacinoids and dihydrocapsaicin for 20-25%. Red pepper also contains newly discovered, no pungent compounds known as capsinoids and dihydrocapsite. Red Chilli powder is used in preparing everyday dishes and is thus widely known ever internationally, but did you know that it is also a treasure - trove of a number of health benefits such as ....

- a) It helps in digestion
- b) Maintains blood pressure levels
- c) Builds immunity and fights diseases
- d) Improves heart health

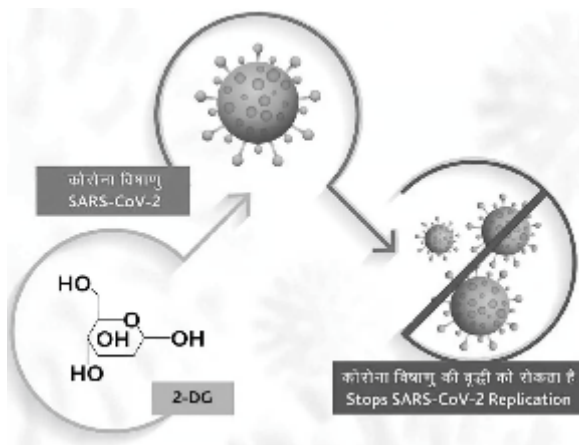
**Ginger** : Bioactive additives : Ginger in corporates the following nonvolatile pungent additives : gingerols, shogaols, paradols and zinger one. Gingeral has powerful anti-inflammatory and antioxidant effects, according to research, also help to reduce oxidative stress. If can treat many forms of nausea, especially morning sickness.

**Cinnamon** : Bioactive additives : Cinnamon's key additives are essential oils and other derivatives such as cinnomate (bark oil 60-80%) evgenol (leaf oil; 10%) and water soluble polyphenols ( 4-10%).



## 2 DG : India's Indigenously Developed Anti-Covid Drug

SARS - COV-2 (Severe Active Respiratory Syndrome - coronavirus 2020), a novel virus that undergoes mutational alternations causes Covid-19, an infectious respiratory ailment. As of December 2021, the new respiratory syndrome Covid-19 has caused 4 lakh deaths since its emergence in early 2020. The economic and social harm is unimaginable, and it is only getting worse. Coronaviruses are a broad family of enveloped RNA viruses that infect people and cause respiratory or gastrointestinal disease. Currently Covid-19 patients are based on the disease severity. In India moderate to severe category patients are treated with oxygen support and intravenous steroids. Drugs like remdesivir and tocilizumab are only suggested to be used in selected patients. Various other drugs have been tried across the globe with different outcomes. On a similar line 2-deoxy-O-glucose (2DG) has been approved by the India Council of Medical Research (ICMR) on 1st May 2021.



In India moderate to severe category patients are treated with oxygen support and intravenous steroids. Drugs like remdesivir and tocilizumab are only suggested to be used in selected patients. Various other drugs have been tried across the globe with different outcomes. On a similar line 2-deoxy-O-glucose (2DG) has been approved by the India Council of Medical Research (ICMR) on 1st May 2021.

**Mechanism of 2 DG :** 2 DG a potential anti-cancer agent which has been used earlier as an anti cancer molecule now it has been found to have anti-viral properties also. As virus rely on host cell machinery for growth, it triggers metabolic reprogramming to facilitate virus multiplication. Glucose is the most common source of energy for cell. But it need a transport to get into cell because it is a hydrophilic molecule.

**Advantage of 2DG over the treatment method :** 2 DG is simple molecule easy to develop cost effective measure as it a glucose analog and hence potentially the production can be achieved on a larger scale. Various studies have revealed that the drug, accumulates in virus infected cells only, leaving the harmful cell.

**Clinical trials of drug :** The phase trial administered in April 2020 determine that the patients treated with 2-DG showed -ve RT - PCR result. In May 2020 (CDSCO) of the authorised phase II clinical trial was done to test the safety and potency of the 2-DG drug Covid-19 patients from May to October 2019. From May to October 2019 (DRDO) along with Dr. Reddy's Laboratories (DRL) performed a phase II trial on 110 patients in two stages. Phase II-A (2-DG) and Phase II-B (soc). On differing the result for drug 2-DG and soc, it was remarked that the patient who got 2-DG shots attained normalized of certain vital sign parameters 2.5 days earlier than those treated only with soc.

### Limitation of the Drug :

Some of the shortcomings associated with 2DG which may hamper the Universal Acceptance of this drug as anti-covid therapy include :

- A Small sample size of patient in the trial phase. Though there is enough data on the safety and good tolerability of 2DG in human, most of the available literature on 2DG in vitro and lacks extensive human trials so far, so a concrete inference is difficult from this study.



• Patients with severe co-morbidity, multi-organ failure and transplants were not included in the study. The non-inclusion of such patients in clinical trials limits the usage of the drug molecule. No data is available on the side effect of the potential drug.

The indigenously developed Anti Covid-19 drug is one of the first therapeutic molecules which functions by inhibiting the replication of the virus and also reduces the need for external oxygen in the body of the patient. The drug which comes in a powdered form in a sachet is taken orally by dissolving in water. The emergency approval of the drug came when India is fighting against the corona virus that has disrupted healthcare infrastructure across the country. We hope this drug will be very effective against the infection and with the help of this, we will be able to win over the disease.

**Ritu Devi**

B.Sc. II

## Periodic Table A to Z

A is for Aluminium, So shiny and white  
B is for Boron, Sometimes black as the night  
C is for Calcium (good for your health)  
D is for Dubnium (you wouldn't have it on your shelf)  
E is for Einsteinium, My favourite element of all  
F is for Francium hardly any found on earth at all  
G is for Gold, expensive and rare  
H is for Hydrogen, it is the first element there  
I is for Iodine (used for clean your cuts)  
J is for nothing, absolutely no buts  
K is for krypton, doesn't really hurt superman  
L is for lead, church rooves are a fan  
M is for magnesium, making metals light  
N is for Nitrogen in the air day and night  
O is for Osmium, it's rarer than gold  
P is for Phosphorus, use it to light up the wire when it's cold  
Q is for quartz, made of oxygen and silicon  
R is for Ruthenium, sometimes used in toggle switches to turn stuff on and off.  
S is for Silver, sometimes used in microchips  
T is for Tin, stops the rust on grips  
U is for Uranium, radioactive and green.  
V is for Vanadium, don't cut yourself on it or you'll scream  
W is Tungsten's sign  
X is for Xenon, its density is five point nine  
Y is for Yttrium, you can find it in cabbage  
Z is for Zinc ... 'baahhh zinc is average



**Srishti Sagwal**

B.Sc. II

## Corona and Colleges

The covid-19 pandemic has been a deadly pandemic that has affected the whole world. It was a viral infection that affected almost everyone in some way or other. The virus has affected the lifestyle of human beings including school and college students. The pandemic has affected the education system.

**Impact on Education :** The number of cases of Covid-19 started to rise in March 2020 & many educational institution, colleges, universities underwent closure. Most countries decided to temporarily close educational institutions in order to reduce the spread of virus. UNESCO estimates that the closure of colleges school affected nearly 1.6 billion students in 200 countries. In response to school closure, UNESCO



recommended the use of distance learning, online classes. Because of online classes students gradually loose their interest in studies. Online teaching is full of struggles including, it uses the phone, computer, tab, internet which is not in approach of every student. The teacher can't interact with students face to face. The practical work also can't be done online. Students were not getting a proper classroom environment. Also they have to spend hours on mobile screen, which further had impact on their eyes. Many teachers, employees lost their posts, employees lost their job as students started to study mostly from internet and you tube.

**Anupma**  
B.Sc. III

## Wonders of Science

In the past, science was not so developed as it is today. We were solely dependent on the mercy of God. But, today the situation has got completely changed. Now, the wonders of science are visible everywhere. Our present civilization may be called a successive development of science. Science has removed suffering.

The development has made our life secured. In the past, people suffered from various fatal diseases. But now the development of Medical Science has made diseases curable. There was time when countless people died of 'plague'. They died uncared. There diseases were incurable then. But the situation has changed now. Lots of medicines and methods of treatment are available for various diseases.

Science has played a remarkable role in the field of transport also. A few hundred years ago travelling was a difficult task. People often travelled on foot or on the horseback. But today science has developed the fastest means of travelling.

The invention of wireless, radio, telephone, computer, and television has solved the problems of time and distance. Now the journey to Mars and the landing on the Moon are possible due to the wonder of science. Science has made cameras, watch, tanks, bombs, rockets, missiles etc. All these are wonders of science. Today life cannot be imagined without these things.

**Chakshu**  
B.Sc. II

## Human Impact on Climate Change

Climate change in the world can be caused by various activities. When climates change occurs; temperature can increase dramatically. When temperature rises many different changes can occur on the Earth. For example, it can result in more floods, droughts, or intense rain as well as more frequent and severe heat waves. Oceans and glaciers have also experienced some charges; oceans are warming and becoming more acidic, glaciers are warming and becoming more acidic, glaciers are melting, and sea levels are rising. If this change frequency occurs in future decades, it will likely present challenges to our society and environment.



### How Human

**activities are affecting the climate :** Environmental pollution, a result of human activities, is one of the leading causes of the climate change globally. As pollution is the main cause of global warming, in term, it leads to noticeable climate change in term of temperature. Burning Fossil fuels-coal, oil and natural gas - produces carbon-dioxide and nitrous oxide which is responsible for green house effect.

With climate change, in form of prolonged droughts, earthquakes, the environment is substantially affected, making it hard for humans and other species to survive like they used to before the climate change occurred.

It is evident that human actions lead to environmental pollution, which has many undesirable effects on bio-diversity and the environment. So each individual person and government should take responsibility in ensuring that the levels of pollution are minimized as much as possible since the negative effects of pollution are alarming.

In the event that the levels of pollution are significantly reduced, the world would definitely be a better place since there will be less global warming, which implies fewer droughts.

# Beauty of Mathematics

In the quiet of the classroom, pencils poised,  
Where equations bloom and logic is our choice,  
We find a symphony, unseen by most,  
A melody of numbers, a celestial host.

From Pythagoras' theorem to fractals' grace,  
Mathematics weaves patterns in the time and space.

It's more than formulas, more than mere lines,  
It's the heartbeat of the universe, the grand design.

Oh, the beauty of mathematics, let it sing,  
From algebraic sonnets to geometric wings.  
It's the language of the cosmos, the cosmic art,  
A dance of prime numbers, etching on our heart.

The Fibonacci sequence, petals unfold,  
Golden ratio whispers secrets untold.  
Graphs map our journeys, vectors in flight,

As calculus traces curves through day and night.

From chaos theory to fractals' embrace,  
Mathematics paints constellations in space.  
It's more than calculation, more than cold facts,  
It's is the rhythm of existence, the cosmic tracks.

Oh, the beauty of mathematics, let it soar,  
From probability dances to chaos' roar.  
It's the heartbeat of creation, the cosmic spark,  
A theorem's revelation, igniting the dark.

Let's chart the unknown, sail algebraic seas,  
Where imaginary realms blend with realities.  
Topology's landscapes, knots that intertwine,  
In this mathematics ballad, we find the divine.

Oh, the beauty of mathematics, let it bloom,  
From fractal ferns to mobius loom.  
It's the pulse of innovation, the cosmic fire,  
A proof's revelation, lifting us higher.



**Renu Taya**  
B.SC. II

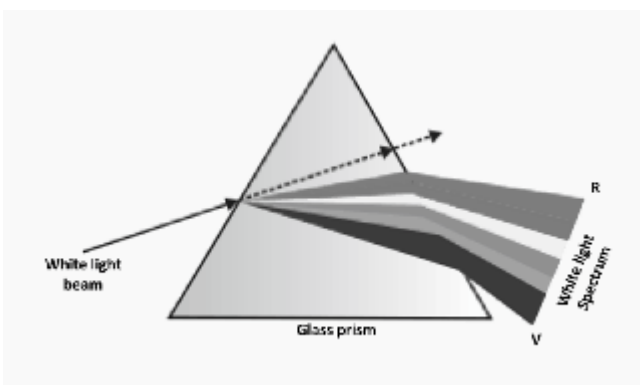
# Spectrum

**Spectrum** : The intensity of light as it varies with wavelength or frequency. An instrument designed for visual observation of spectra is called a spectroscope, and an instrument that photographs or maps spectra is a spectrograph. Spectra may be classified to the nature of their origin i.e. emission or absorption. An emission spectrum consists of all the radiations emitted by atoms or molecules, whereas in an absorption are missing because they have been absorbed by the medium through which the light has passed; the missing wavelengths appear as dark lines or gaps.

**Spectrum diagram** : A spectrum is a band of colours. It is produced when component colours of light are separated at different degrees by refraction through a prism. A spectrum of light is shown in the diagram given below : There are mainly seven colours present in the spectrum of light.

**Characteristics of Spectrum** : The characteristics of the spectrum are the propagation features and the amount of information, which signals can carry. In general, signals sent using the higher frequencies have shorter propagation distances but a higher data carrying capacity.

**Example** : A natural example of a spectrum is a rainbow. The word spectrum was first used by scientists studying optics. They used the word to describe the rainbow of colour in visible light when separated using a prism. The spectrum seen when light passes through a prism is an example of the dispersion of light.



**Ashish Devi**  
B.Sc. II

## Tit-Bits on Mathematics

1. Why did the geometry book so adorable? Because it had acute angles!
2. What did the triangle say to the circle? "You're pointless."
3. How does a mathematician plow fields? With a pro-tractor.
4. Parallel lines have so much in common.... it's a shame they'll never meet.
5. Why wasn't the geometry teacher at school? Because she sprained her angle.
6. I had an argument with a 90o angle. It turns it was right.
7. Did you hear about the over-educated circle? It has 360o!
8. What shape is usually waiting for you inside a Star bucks? A line.
9. Why doesn't anybody talk to circle? Because there's no point.
10. Why was the obtuse triangle always upset? Because it's never right

**Anju**  
B.A II

# Galaxy

• **Galaxies** are vast system of stars, interstellar gas, dust and dark matter bound together by gravity. They come in various shapes and sizes, ranging from spiral and elliptical to irregular. Here's some information about galaxies.

**1. Classification :** Galaxies are typically classified into three main types : spiral, elliptical, and irregular. Spiral galaxies, like the Milky way, have flat, rotating disk with spiral arms. Elliptical galaxies are shaped like ellipsoids and lack spiral arms. Irregular galaxies have irregaular shapes and aften exhibit chaotic star formation.

**2. Components :** Galaxies consist of stars, gas and dust. Stars are grouped together in various structure within galaxies, such as the central bulge, spiral arms, or global clusters, Interstellar gas and dust are the raw materials for star formation and contribute to the overall mass of the galaxy.



**3. Dark matter :** A significant portion of a galaxy's mass is made up of dark matter, an invisible substance that does not emit or interact with electromagnetic radiation but exerts gravitational forces. Dark matter plays a crucial role in galaxy formation and dynamics.

**4. Size and Mass :** Galaxies are wide in size and mass. Some dwarf galaxies contain only a few million stars, while giant galaxies can have trillions of stars. The mass of galaxies ranges from about one million to several trillion times the mass of the sun.

**5. Supermassive Black holes :** Many galaxies, including the Milky Way, harbour supermassive black holes at their centers. These black holes have masses millions to billions of times that of the sun and can profoundly affect the evolution of their host galaxies.

**6. Formation and Evolution :** Galaxies are believed to have formed through the gravitational collapse of primordial gas clouds. Over billions of years, galaxies evolve through interactions with other galaxies, merges and ongoing star formation. The study of galaxy formation and evolution is a major focus of modern astrophysics.

**7. Observation :** Astronomers study galaxies using various observational techniques, including optical, radio and instruments like the Hubble space telescope provide detailed images of distant galaxies, helping scientists understand their structure, composition and dynamics.

• **Milky Way :** The milky way our home galaxy is a vast and magestic spiral system containing billions of stars, including our own sun. Named for its milky appearance when viewed from Earth, it spans and estimated 100,000 to 200,000 light years in diameter. At its center lies a supermassive black hole, surrounded by a dense concentration of star and gas known as the galactic bulgs. Radiating outwards from the bulge are spiral arms, where young, hot stars, and intersteller gas reside. The milky way is not only a source a wonder but also a cosmic laboratory, offering insights into the formation and evolution of galaxies.

Understanding galaxies is essential for unfolding the mysteries of the universe, including the origins of stars, planets and even life itself.

**Neha**  
B.Sc. II

# Black Holes

Black holes are among the most mysterious cosmic objects, much studied but not fully understood. These objects aren't really holes. They're huge concentrations of matter packed into very tiny spaces.

A black hole is so dense that gravity just beneath its surface, the event horizon, is strong enough that nothing - not even light - can escape. The horizon isn't a surface like Earth's or even the sun's. It's a boundary that contains all the matter that makes up the black hole.

## Essential Black Hole Facts

1) Closest : The nearest known black hole, called Gaia BH1, is about 1,500 light years away.

2) Farthest : The most distant black hole detected, at the centre of a galaxy called QSO10313-1806, is around 13 billion light years away.

3) Biggest : The most massive black holes observed. Ton 618, tips the scales at 66 billion times the sun's mass.

4) Smallest : The lightest - known black hole is only 3.8 times the sun's mass. It's paired up with a star.

5) Spaghettification : A real term that describes what happens when matter gets too close to a black hole. It's squeezed horizontally and stretched vertically, resembling a noodle.

6) Spin : All black holes spin. The fastest known named GRS 1915 + 105- clocks in at over 1,000 rotations per second.

7) Particle Accelerators : Monster black holes at the centres of galaxies can launch particles to near light speed.

8) Gravity's the same : If you replaced the sun with a black hole of the same mass, the solar system would get a lot colder, but the planets would stay in their orbits.

9) Star Booms : One type of black hole is born when massive stars run out of fuel and explode in supernova.

10) Not so rare : Most Milky way - sized galaxies have monster black holes at their centre. Our is called sagittarius A, and it's 4 million times the sun's mass.



**Anisha**  
B.Sc. II

# Chandrayaan-2

Chandrayaan-2 is the second lunar mission of India after the success of Chandrayaan-I. This mission was conducted for topographical researches and mineralogical studies to have a better understanding of the Moon's origin and evolution. Chandrayaan-2 mission was launched from Satish Dhawan space on July 22, 2019, by GSLV MK III - M1. The main aim of Chandrayaan-2 was to trace the location and abundance of lunar water on the moon's surface.

- Chandrayaan 2 fostered the findings of Chandrayaan 1 as reported by the ISRO.
- The mission targeted the "South Polar Region" of the moon which was completely unexplored.
- The mission focused on the extensive mapping of lunar surface for studying variations in its composition and tracing the Moon's origin and evolution.
- Chandrayaan 2 was considered as a challenging mission as the South Polar Region of the moon was totally unexplored by any space agency before.

## Components of Chandrayaan-2 : Launch Vehicle

- 5200 solid rocket booster
- LILO liquid state
- C 25 Upper stage

## The Chandrayaan-2 mission consisted of three main modules :

1. Lunar orbiter
2. Vikram lander (named after Vikram Sarabhai, the late father of India's space program)
3. Lunar rover named Pragyan.

## All above parts were developed in India

The orbiter, lander and rover collectively carried 14 scientific payloads, including a laser Retro Reflector Array from NASA that provided precise measurements of the distance between the moon and the earth. Chandrayaan-2's orbiter shall continue its mission for around a year.

## Significance of Chandrayaan-2

In all the space missions, no country has ever attempted to land a spacecraft in the polar regions of the moon. This gave India a lead in space exploration on an International level.

1. Due to moon's axis, few regions on the South Pole always remain dark especially craters and have higher chances of containing water.
2. The craters might have never received sunlight because it at very low angles in the polar regions and thus, increasing the chances of presence of ice on such surfaces
3. The lunar surface area at the South pole of the Moon that remains in shadow is much larger than the North Pole thus making moon's South Pole interesting. This also increases the probability of the existence of water in permanently shadow areas around it.
4. On October 14, 2019, Chandrayaan-2 detected the presence of Argon-40 in lunar exosphere.



5. On July 30th, 2020 Chandrayaan-2 imaged the Sarabhai Crater located on the north east quadrant of the moon.

- The orbital insertion was achieved on 20th August 2019. The orbiter has a life duration of 7 years and will continue its mission.
- Vikram Lander had a mission life of 14 days. The landing on the moon's surface was planned on 7th September 2019. However, the landing failed at the final stages. Vikram lander crash-landed on the moon's surface as the velocity was higher than desired velocity (2m/s) and Failure analysis Committee of ISRO concluded that a software glitch was the cause of the failure.
- Pragyan Rover was planned for a duration of around 14 days. As the landing failed, the rover could not be deployed on the moon's surface.

**Nashita**  
B.Sc. II

## **Science behind milk drinking idols**

The phenomenon of idols drinking milk could be explained scientifically by the theory of capillary action or the movement of liquids within spaces of porous surface due to surface tension adhesion and cohesion.

The reason behind people thronging temples with pots and pans filled with milk could be termed a mass religious hysteria caused by gullibility and scientific ignorance. Eminent scientist Prof. Yash Pal said

"The surface tension phenomenon can be witnessed in the ubiquitous water tap where a drop of water stays suspended and drains away when touched".

Similarly when a spoonful of milk is touched to the idol the surface tension of the milk pulls the liquid out of the spoon before gravity causes it to run down in front of the statue. As the level of liquid or milk in the spoon dropped, it coated the statue beneath where the spoon were placed.

A similar phenomenon had frenzied devotees making a beeline at temples on september 21, 1995 with some even carrying bucketful of milk for the lord Ganesha, Durga.

After the crowd turnout at Mumbai's Mahim locality to taste sweet water of the Arabian seas thousands of people on sunday night thronged temples across Uttar Pradesh, Gujarat, Haryana and Punjab to watch deities of Goddess Durga, God Shiva and Ganesha claimed to be drinking milk offered to them by devotees.

The first such incident was reported from a Durga temple in Bareilly after the news spread thousands gathered at the temple carrying buckets of milk along with bowls and spoons to appease the God But this is only due to the phenomenon of surface tension whereby the fluid tries to minimize its surface area if a spoon is filled with milk or water and taken to the mouth of an idol, then it is natural that the upper lip on the idol will touch the surface.

**Saloni Devi**  
B.Sc. II

# Applications of Mathematics in Social Science

Mathematics and the social sciences may seem like distant cousins, but their connection runs deep. While social science explores human behavior, societies, and interactions, Mathematics provides the tools to analyze, model, and understand these complex phenomena. Here, we unravel the diverse applications of Mathematics in social sciences.



## 1. Economics: The Art of Modeling Human Behavior

Economists are keen users of Mathematical models. Here's how Maths shapes economic analysis:

- **Supply and Demand** : The fundamental concept of supply and demand relies on Mathematics relationships. Equations describe how prices change based on market forces.
- **Game Theory** : Maths helps economists analyze strategic interactions among decision-makers. Game theory models guide negotiations, competition, and cooperation.
- **Macroeconomics**: Differential equations describe economic growth, inflation, and unemployment rates. These models inform policy decisions.

## 2. Sociology Quantifying Social Phenomena

Sociologists study human behavior, social structures, and cultural norms. Maths enters the picture in several ways:

- **Regression Models**: Sociologists use regression analysis to understand relationship between variables. For example, how does education level affect income ?
- **Demography**: Mathematical models predict population growth, migration patterns, and aging demographics.
- **Social Network Models**: These models explore the spread of ideas, diseases, or behaviors within a population. Graph theory helps analyze social networks.

## 3. Political Science: Predicting Voter Behavior

Political scientists seek to understand political systems, and governance. Maths aids in:

- **Voting Models**: Probability theory and statistical models predict election outcomes.
- **Game Theory**: Political negotiations, coalition formation, and strategic voting all fall under game theory.

#### 4. History: Unraveling the Past With Numbers

Historians don't just rely on dusty manuscripts. Maths helps them:

- Quantify Historical Events: How many soldiers fought a battle ? What was the impact of an epidemic ?
- Chronology and Dating: Radiocarbon dating, dendrochronology (tree-ring dating), and Bayesian statistics help establish timeliness.
- Historical Processes : Differential equations model population dynamics, epidemics, and technological progress.

#### 5. Anthropology: Maths in Cultural Contexts

Anthropologists study cultures, societies, and human evolution. Maths helps them:

- Kinship Analysis: Graph theory maps family relationships.
- Archaeological Dating: Statistics estimate artifact ages.
- Cultural Evolution Models: These explore how ideas spread across societies.

Mathematics isn't just a tool for physicists and engineers-it's the success story for social science research. Whether modelling economic markets, analyzing social networks, or predicting voter behavior, Maths empowers us to understand all the stories of human existence. No doubt, the marriage of Maths and social sciences enriches our understanding of society, one equation at a time.

**Sakshi Devi**  
B.SC. III

## Maths about me. ...

Numbers, numbers all around,  
Everywhere they can be found.  
Numbers tell how old I am,  
And how many people in my fam.  
    How much I weigh and  
    How tall I am;  
    Where I live and that's not all!  
    Number are a part of me, money, time and history.  
When to wake up and when to eat,  
What size of shoes to buy for my feet.  
    How much money something costs,  
    A number to call if my dog gets lost.  
I don't know where I would be,  
If numbers weren't a part of me !!



**Pooja Sagwal**  
B.SC. III

## विज्ञान के क्षेत्र में महिलाओं का योगदान

हम अधिकांश लोगों से जब क्रिकेट के किसी खिलाड़ी का नाम पूछते हैं तो तुरंत बिना कुछ सोचे सचिन तेंदुलकर, विराट कोहली, या अन्य किसी पुरुष खिलाड़ी का नाम बता देते हैं शायद बहुत कम या दशमलव मात्र लोग ही होंगे जो इस प्रश्न के जवाब में मिताली राज, झूलन गोस्वामी या अन्य महिला खिलाड़ी का नाम लेंगे। इसी तरह जब हम वैज्ञानिकों की बात करें तो हमारे दिमाग में स्टीफन हॉकिंग, आईजैक न्यूटन रमन जैसे पुरुष वैज्ञानिकों



की छवि उभर कर सामने आती है न कि जानकी अम्माल, असीमा चटर्जी जैसी वैज्ञानिकों की। जी हाँ, भले ही आधुनिक युग में महिलाएँ धरती से आसमान छू रही हों लेकिन जितना महत्व पुरुषों को दिया जाता है वहीं महिलाओं के योगदान का जिक्र नाममात्र ही होता है। तमाम चुनौतियों के बावजूद इसरो चंद्रयान मिशन हो या फिर मंगल मिशन की सफलता, नासा से लेकर नोबल पुरस्कार तक हर क्षेत्र में हमारी महिला वैज्ञानिकों ने अपना लोहा मनवाया है। तो चलिए जानते हैं कि विज्ञान की जादुई में अपना परचम लहराने वाली कुछ महिला वैज्ञानिकों के बारे में और इस क्षेत्र में महिलाओं के सामने आने वाली चुनौतियों के बारे में :

जिस सदी में महिलाओं को घर की चारदीवारी में कैद करके रखा जाता था उसी समय सामाजिक बेड़ियों को तोड़कर विज्ञान की दुनिया में अपना नाम स्थापित करने वाली कुछ महिलाओं के नाम इस प्रकार हैं :

**जानकी अम्माल :** 4 नवम्बर 1897 को केरल में जन्मी जानकी अम्माल वनस्पति शास्त्र की वैज्ञानिक थी। इन्होंने गन्ने की हाईब्रिड प्रजाति को खोजा, जिसे पूरी दुनिया में मान्यता मिली। वनस्पति शास्त्र में योगदान को देखते हुए साल 1957 में इन्हें 'पद्म श्री' से सम्मानित किया गया था।

**असीमा चटर्जी :** कैंसर चिकित्सा, मिर्गी और मलेरिया रोधी दवाओं के विकास के लिए प्रसिद्ध असीमा चटर्जी का जन्म 23 सितंबर 1917 में बंगाल में हुआ। इन्हें राजाबाजार साइंस विश्वविद्यालय ने डॉक्टरेट ऑफ साइंस की उपाधि दी गई।

**रितु करिधाल:** चंद्रयान-1 मिशन में डिप्टी ऑपरेशंस डायरेक्टर रह चुकी रितु करिधाल भारत में सबसे महत्वाकांक्षी मिशन चंद्रयान-2 की डायरेक्टर थी। सन् 2007 में इन्हें इसरो के 'यंग साइंटिस्ट अवार्ड' से सम्मानित किया गया।

**टेसी थॉमस :** 'मिसाइल महिला' और अग्निपुत्री के नाम से मशहूर टेसी थॉमस ने डी आर डी ओ में अपने नाम से सबका ध्यान आकर्षित किया।

**कल्पना चावला :** भारतीय मूल की अमेरिकी अंतरिक्ष यात्री कल्पना चावला का नाम भारत के प्रसिद्ध वैज्ञानिकों में जाना जाता है। कल्पना चावला अंतरिक्ष में जाने वाली पहली महिला यात्री थी जो कि अंतरिक्ष में 376 घंटे 36 मिनट तक रही। इसी दौरान उन्होंने धरती के 252 चक्कर लगाए। 1 फरवरी 2003 को अंतरिक्ष वापसी से दुर्घटना में उनका निधन हो गया।

आखिर क्या है कि वैज्ञानिकी क्षेत्र में महिलाओं का योगदान कम है

- ★ विज्ञान के क्षेत्र में महिलाओं की कमी का कारण रूढ़िवादी लैंगिक धारणा है।
- ★ महिलाओं को काम पर रखने या फेलोशिप आदि देने में पितृसत्तात्मक दृष्टिकोण देखा जाता है।
- ★ महिला रोल मॉडल की कमी।

महिलाओं को प्रोत्साहन देने हेतु की गई पहल

महिलाओं को प्रोत्साहित करने के लिए वैज्ञानिक क्षेत्र में 2019 में विज्ञान ज्योति योजना चलाई गई।

आगे 2014-2015 में महिला वैज्ञानिकों को आगे बढ़ने के लिए किरण योजना चलाई गई।

इन सब चुनौतियों के बावजूद महिलाएँ न केवल भारत बल्कि विश्व में वैज्ञानिक व अन्य क्षेत्रों में मुकाम हासिल कर रही हैं।

दीक्षा

बी.एस.सी. तृतीय वर्ष

## Home Cleaning Tips

1. Cleaning windows and glass table tops
  - Dust off the window with a clear paint brush. Excess of dust and water can make the window dirty.
  - Ammonia diluted with three parts of water in an empty spray bottle can be used to clean windows.
  - Don't clean windows while they are in direct sunlight. Your cleaning solution will dry too fast.
  - Clean by rubbing with a little lemon juice, dry with paper towels and then polish with a news paper for a sparkling table.
  - Toothpaste will remove small scratches from glass.
2. Cleaning Marble
  - For sparkling marble flooring, sprinkle salt on a freshly cut lemon, and rub it very lightly over the surface.
  - Do not rub hard or you will be rubbing the polished surface. Wash off with soap and water.
3. Polishing Furniture
  - A mixture made of turpentine and linseed oil in equal quantities can be used as a furniture polish. Dip an old toothbrush in furniture polish and brush on the furniture.
  - To remove polish build up, mix one cup of water and one cup of vinegar. Dip a soft cloth in the mixture, wring out the cloth and then wipe the furniture. Dry immediately with another soft, dry cloth.
4. Easy Bathroom Cleaning
  - Clean after a steamy bath or shower. The walls, fixtures etc. will be much easier to clean because the steam will loosen the dirt.
5. Cleaning Sink
  - Half a cup of sodium bicarbonate with three cups of hot water is enough to clean a blocked sink. Wipe a stainless steel sink with vinegar or a touch of oil on a cloth to make the sink sparkle.

Sakshi  
B.Sc. III

# आधुनिक टेक्नॉलजि में रोबोट्स की भूमिका

मनुष्य ने अपनी सुविधा के लिए विज्ञान के प्रयोग से विभिन्न प्रकार के यंत्रों का निर्माण किया, जैसे – कपड़े धोने के लिए वॉशिंग मशीन, रोटी बनाने के लिए रोटी मेकर, बर्तन धोने के लिए डिश वाश इत्यादि। यह सभी यंत्र मानव की दैनिक क्रियाओं के कार्य को अत्यंत सरल कर देते हैं। लेकिन इसके पश्चात् मानव की तरह काम करने वाली मशीन का निर्माण भी विज्ञान की सहायता से आज पूरा हो चुका है। मनुष्य की भांति कार्य करने वाले इस यंत्र को रोबोट कहा जाता है जो मनुष्य की तरह उनकी सेवा करने के लिए बनाया गया है। इसे 'यंत्र – मानव' भी कहा जाता है।

**मानवकृत चलमान यंत्र, मशीनी तंत्र।**

**मानुष का ही अवतरण यांत्रिक, अद्भुत अलंकरण।**

**चकित संसार, अद्भुत अविष्कार, विद्युतचलित मानव यंत्रमानव।**

कहा जाता है कि आने वाली पीढ़ी रोबोट टेक्नॉलजि पर ही निर्भर होगी, जिससे दुनिया का विकास होगा।

**रोबोट टेक्नॉलजि की हानियां –**

1. रोबोट के पास भावना नहीं होती है, जिससे वह दिए गए किसी भी कार्य में गलत और सही की पहचान नहीं कर सकते हैं।
2. कंपनी में रोबोट का उपयोग करने से बेरोजगारी की समस्या बढ़ जाती है।
3. रोबोट से निकलने वाले कचरे का हम दोबारा प्रयोग नहीं कर सकते हैं।
4. रोबोट की रिपेयरिंग में भी अधिक परेशानी का सामना करना पड़ता है।
5. रोबोट को कार्य करते समय बिजली की आवश्यकता होती है, ऐसे में रोबोट टेक्नॉलजि के लिए बिजली की भी अधिक आवश्यकता पड़ती है।

**हानि नहीं पहुंचाए सहसा, करे ना गलती रखे ना खोट**

**कहीं मनुष्यों से अच्छा है**

**रखनी किंतु सावधानी .....**

**कर सकता है नुकसान अत्याधिक**

**त्रुटि न समझता आसानी।**

आज रोबोट टेक्नॉलजि का प्रयोग चिकित्सा तथा अन्य अनुसंधानों में भी किया जा रहा है, साथ ही यह मनुष्य की भांति ही काम करने वाला मानव यंत्र बन चुका है। परंतु इसी के साथ हमें यह भी भूलना नहीं कि रोबोट का निर्माण भी मानव द्वारा ही किया गया है।

**खुशी**  
बी.एस.सी. द्वितीय वर्ष

# The Role of Mathematics in Daily Life

Mathematics is like a trusted friend that helps us in our everyday activities, but we don't always notice it. From counting money to planning our time, Mathematics is everywhere, making our lives easier and more organized.



## 1. Managing Finances:

Mathematics help us manage our money wisely. We use addition and subtraction to balance our checkbooks, calculate expenses, and track our spending. Understanding percentages and interest rates helps us make smart decisions about loans, credit cards, and savings.

## 2. Time Management:

Maths helps us use our time efficiently. We use addition and subtraction to plan our

schedules, figuring out how much time we have for each task. This helps us stay on track and make the most of our day.

**3. Making Measurements:** Maths helps us measure things accurately. Whether it's baking a cake, building a shelf, or buying clothes, we use Maths to measure length, weight, volume, and more. This ensures that everything turns out just right.

**4. Solving Problems:** Maths gives us the tools to solve problems in our daily lives. Whether it's fixing something that's broken or finding the best route to our destination, Maths helps us think logically and finds solutions.

**5. Making Decisions:** Maths helps us make informed decisions by comparing options and weighing the pros and cons. Whether it's choosing between products at the store or planning for the future, Maths helps us analyze the situation and make the best choice.

**6. Understanding Patterns:** Maths helps us recognize patterns in the world around us. From the changing seasons to the rhythms of music and art, Maths helps us make sense of the world and predict what might happen next.

**7. Enhancing Critical Thinking :** Finally, Maths helps us become better critical thinkers by teaching us how to analyze information, evaluate evidence, and make logical decisions. Whether it's playing games or interpreting data, Maths gives us opportunity to practice critical thinking skills and improve our problems-solving abilities.

**Jasmine Kaushik**

B.A. II

# Is Mathss Really Important ?

Mathsmatics, often seen as a daunting subject by many, plays a crucial role in our lives whether we realize it or not. From the moment we wake up until we go to bed, we encounter countless situations where Maths is at work, shaping our daily routines and decisions.

## Practical Applications

Think about it: when you wake up, you check the time on your clock - that's Maths. As you prepare breakfast, you measure ingredients using teaspoons and cups - again, Maths. Even planning your commute involves understanding distances and time - all Mathsematcal concepts.

## Problem Solving

Beyond these everyday scenarios, Maths teaches us how to think critically and solve problems. Whether you're figuring out how to split a bill at a restaurant or tackling complex equations in a physics class, Maths provides the tools to analyze situations logically and arrive at solutions.

## Career Opportunities

In the professional world, proficiency in Mathsematics opens doors to a wide range of career opportunities. Whether you're interested in engineering, finance, computer science, or even art and design, Maths forms the foundation for these fields. Employers value individuals who can analyze data, make informed decisions, and think strategically - all skills are honed through Mathsematcal study.

## Understanding the world

Moreover, Mathsmatics helps us understand the world around us. From the patterns in nature to the laws of physics governing the universe, Maths provides a framework for comprehending complex phenomena. Whether it's predicting the trajectory of a rocket or understanding the spread of a virus, Maths allows us to make sense of the world's intricacies.

So, is Maths really important ? Absolutely. It's not just about numbers and equations, it's about problem-sloving, critical thinking, and understanding the world. Embracing Maths not only opens doors to exciting opportunities but also equips us with the tools needed to navigate an increasingly complex and interconnected world. So let's embrace the beauty and power of Mathsematics - it's more important than we may think.



**Renuka**  
B.A. III



# DEPARTMENTAL ACTIVITIES



# DEPARTMENTAL ACTIVITIES



# DEPARTMENTAL ACTIVITIES



# DEPARTMENTAL ACTIVITIES



# Departmental Activities/Achievements

## English Department

- Intra class Poetic Recitation Competition was conducted on 29-09-2023.
- Organised an expert lecture on 'The Art of Spoken English' on 20-02-2024 which was delivered by Dr. Raj Kumar Verma, Associate professor, Dept. of English, Sri Aurobindo College, Delhi University.
- Organised International Essay Writing Competition on Swami Dayanand Saraswati's 200th birth anniversary jointly with Dept. of Hindi and Sanskrit during 7-2-2024 to 24-2-2024.
- Conducted a one day tour to Jyotisar on 09-03-2024.
- Organized a two days workshop on 05th & 6th April 2024 on 'Day-to-Day English'. Dr. Raj Kumar Verma from Sri Aurobindo College, University of Delhi was the resource person.
- Organized an Essay- Writing Competition on the topic 'Importance of Voting' on 10-04-2024
- Conducted a 30 hours certificate course on 'Writing Skills' on 1-3-2024 to 20-04-2024.

## History Department

- An extension lecture was organized by Dr. Manju Assistant Professor of the History Department and Ms. Anita, Librarian on the occasion of the birth anniversary of Dr. S.R. Ranganathan which is celebrated as 'Librarian's Day' Under Azadi ka Amrit Mahotsav. The lecture was delivered by Dr. Manju on the topic "Dr. S.R. Ranganathan: The father of library science" on 12 August, 2023.
- An extension lecture was jointly organized by the History Department, Political Science Department and Akhil Bhartiya Vidyarthi Parishad, Haryana. The lecture was delivered by Dr. Simran Devgan (BAMS, MD) on the topic of "Ayurveda and Menstrual cycle" on 30th October, 2023.
- A program on "Run for Unity" was organized by the History Department and N.S.S. (unit 1 and 2) on 30 October, 2023 on the occasion of Sardar Vallabhbhai Patel Jayanti which is celebrated as "The National Unity Day".
- An extension lecture on the occasion of Rani Lakshmi Bai jayanti (19 Nov., 2023,) was jointly organized by the History Department, Political Science Department and Akhil Bhartiya Vidyarthi Parishad, Haryana. The lecture was delivered by Mr. Sunil On the topic of "Rani Lakshmi Bai's life" on 20 November, 2023.
- A National level online quiz competition was organized on 4th & 5th March, 2024 by History Department on the occasion of birth anniversary of Swami Dayanand Saraswati.

## **Political Science Department**

- A parliament visit organized to endorse the Women Reservation Bill, 2023 on 21-09-2023.
- To spread awareness about the importance of single vote among students, a one day workshop conducted by Regional representatives of Election Commission of India on 31-01-2024.
- An educational trip to Forest Research Institute of India, Dehradun Organized on 17-03-2024.

## **Economics Department**

- 16-09-2023 Field trip to Food Corporation of India (FCI), Dhand Dadwana.
- 01-03-2024 Educational visit to Sainsons paper Industry, Pehowa, Kurukshetra.
- 16-03-2024 Extension lecture on "Intellectual Property Right", by Prof. Hari Singh, Head Mechanical Engineering Deptt. , NIT, Kurukshetra.
- 05-03- 2024 to 26-04-2024 Conducted a 30 hours certificate course in. "Banking and Financial Services".

## **Music Department**

- 18-09-2023 to 19-09-2023 : Workshop on traditional Haryanvi Dance was conducted by Ms. Shivani, a trainer from Mudra Group of Arts, Ambala city.
- 07-03-2024 : Music Department organized an educational trip to music department Kurukshetra.
- Kirti, Bhana of PGDCA got 3rd prize in Folk Dance National Level Competition held at Indira Gandhi Mahila Mahavidyalaya, Kaithal.

## **Hindi Department**

- 14-09-2023 हिन्दी दिवस के उपलक्ष्य में राज्य स्तरीय निबन्ध लेखन प्रतियोगिता का आयोजन
- 03-10-2023 डॉ. ईश्वर सिंह, एसोसिएट प्रोफसर, जनता कॉलेज, कौल द्वारा “महिला से देश व समाज का भला” विषय पर व्याख्यान का आयोजन
- 10-10-2023 “संस्कृत में हिन्दी भाषा का योगदान” विषय पर निबन्ध लेखन प्रतियोगिता
- 17-10-2023 राज्य स्तरीय कविता पाठ प्रतियोगिता ।

## **Sanskrit Department**

- 21-10-2023 हरियाणा साहित्य एवं संस्कृति अकादमी, पंचकूला (हरियाणा सरकार) एवं चौ० ईश्वर सिंह कन्या महाविद्यालय ढाण्ड-डडवाना कैथल ने संयुक्त रूप से संस्कृत विभाग द्वारा एक दिवसीय अन्तर्वैर्षिक राष्ट्रीय संगोष्ठी का आयोजन किया।
- 07-02-2024 – ऑन लाइन अंतराष्ट्रीय निबंध लेखन प्रतियोगिता आयोजित करवाई।
- 22-02-2024 – स्वभाषा सप्ताह (21-28) के अर्न्तगत अन्तर्राष्ट्रीय मातृभाषा दिवस मनाया गया।
- 19-03-2024 – बाबू अनन्त राम जनता कॉलेज, कौल से असिस्टेंट प्रोफेसर डॉ० अनीता नैन ने 'वर्तमान समय में संस्कृत भाषा की उपयोगिता' पर विस्तार व्याख्यान दिया।

## **Commerce Department**

- 24-08-2023 Mr. Jatinder Pundir enlightened students by his expert lecture on "Empowering Women with Financial Awareness"
- 02-11-2023 Mr. Rajesh Kumar of Sarva Haryana Gramin Bank Dhand delivered a lecture on Banking Vigilance and Operation
- 16-03-2024 Dr. Hari Singh, Prof. of NIT Kurukshetra delivered an expert lecture on IPR
- Aarti Rani of M.Com. secured third prize on state level essay writing competition on 'Audit Divas' organized by Babu Anant Ram Janta College, Kaul.
- Jyoti of B.A. II got second position in Rangoli and 4 students got 3rd position in Ad-Mad show in Inter College Commerce Fest organized by RKSD College, Kaithal.

## **Science Department**

- 16-09-2023 Slogan writing competition on the eve of World Ozone Day.
- 10-02-2024 Essay writing competition on the topic "Role of women in the field of science."
- Mehak B.Sc. IInd year, Khushi B.Sc. II year participated in state level Essay Writing Competition at Dayanand Mahila Mahavidyalaya, Kurukshetra on 21.02.2024
- 28-02-2024 Painting competition was conducted by Science Department celebrate National Science Day on the Topic "Climate Change".
- Students of Mathematics Department participated in Power Point Presentation Competition on 14-03-2024, conducted by Indira Gandhi Mahila Mahavidyalaya in collaboration with Mathematics department Ch.I.S. Kanya Mahavidyalaya, Dhand Anju B.A. II won the 2nd prize.
- A 30 hour certificate course on "Basic Mathematics" was conducted by department of Mathematics from 07-03-2024 to 27-04-2024.

## **Home Science Department**

- 28-08-2023 Conducted workshop on different types of Embroidery & Stiches by Mr. Harsimran of Usha Machines.
- 29-09-2023 Organized Online National level Essay Writing Competition on "Impact of Stress Eating V/s Healthy eating among college students."
- 08-11-2023 Organised Rangoli Competition for Diwali Celebration.
- 25-01-2024 Rangoli Competition on National Voter's Day.
- 05-03-2024 to 26-04-2024 Conducted 30 Hours certificate course on 'Interior Decor'.
- 28-03-2024 One Day Workshop on Art & Craft.
- 06-04-2024 Poster making & Slogan Writing Competition on "Importance of Voting."

## **Psychology Department**

- 10-10-2023 Lecture and Discussion in One day awareness programme by Dr. Vinay Gupta from Civil Hospital Kaithal on Topic "Mental Health & Mobile addiction on World Mental Health Day."
- 11-10-2023 One day workshop on "Stress Management" by Dr. Keshav Kumar on "Mental Health Day".



# CELLS/CLUBS



# TRIPS & EXCURSIONS



## Activities Carried Out by NCC Unit

NCC Unit of the college since its inception has been playing a significant role in Haryana. Our unit, Under 10 Battalion NCC Kurukshetra, has 53 cadets. Many of our NCC cadets attended National Integration Camp, Annual Training Camp, Army Attachment camp, pre TSC camp and pre R D Camp. Our cadets never miss to celebrate national days like. Independence day, Republic day, NCC day, yoga day, etc. The NCC cadets perform their duty well and spread awareness in the society through rallies about the need of cleanliness under the drive of 'Swachh Bharat Abhiyaan !. They carry out programmes on burning issues of the society, i.e., 'Beti Bachao, Beti padhao' Menace of the Drug Addiction, Equality of Girl child, etc.

June 5, 2023	Celebrated World Environment Day under Mission life. (Life style for environment).
June 21, 2023	Celebrated International Yoga Day in collaboration with NSS unit - II.
August 15, 2023	Celebrated Independence Day under the umbrella of Azadi ka Amrit Mahotsava.
August 16, 2023	Conducted tree plantation drive.
August 25, 2023	Enrollment of 18 cadets of first year in N.C.C
Sep 27, 2023	Quiz competition on "Garbage free India".
Oct 1, 2023	Swachhta Abhiyan to promote the principles of a "Garbage free India".
Jan 26, 2024	Celebrated 75th Republic day in college campus.
Feb 13, 2024	Extension lecture and poster making competition was organized on the eve of " National Women Day."

## Activities Carried Out By NSS Units

Under the umbrella of Ministry of Youth Affairs and Sports NSS is a remarkable public service programme. This scheme was launched in Gandhiji's centenary year on 24th September 1969. It is a useful scheme for the overall personality development of the students. It provides an opportunity to interact with people. A large variety of activities is organized by NSS units to channelize the energy of young generation. These NSS units hold various awareness programmes such as;

April 13, 2023	Essay writing competition was organized on the occasion of Dr. Bhimrao Ambedkar Jayanti and jaliawala Bagh Massacre.
June 3, 2023	Organized a rally on World Bicycle Day.
June 21, 2023	Celebrated International Yoga Day.
July 23 to July 29 2023	Tree plantation week, 250 saplings were planted in college campus.
August 8, 2023	112 new volunteers were enrolled in session 2023.
August 23, 2023	Dr. Ashok Kumar Verma delivered a lecture on anti-drugs.
Sep 5, 2023	Poster making competition was organized on the theme of "Nasha Mukta Abhiyan, Drugs, abuse, Environment Protection and Plastic Free Haryana."
Oct 31, 2023	Run for unity and pledge ceremony was organized on 'Rashtriya Ekta Diwas.'

Oct 30, 2023	Organized national level online competition on "Khadi for nation, khadi for fashion"
Dec 1, 2023	Extension lecture by Dr. Vinay Gupta on 'World Aids Day'
Jan 26, 2024	Pledge on constitution of India on the eve of Republic day.
Jan 27, 2024	Organized a programme on road safety.
March 4, 2024	Volunteers took oath on mera pehla vote desh ke liye;
March 11, 2024	Fitness run was organized in collaboration with Nehru Yuva kendra, Kaithal on the eve of "Women Fit तो India Hit"
Jan 12, 2024	Extension lecture by Dr. Anita Nain, BAR Janta college kaul on National Youth Day.
Aug 25, 2023	Dental check up on one day camp.
Feb 10, 2024	Organized one day camp in college.
Mar 19, 2024	Organized one day camp in college.
Feb 20 to Feb 26, 2024 :	Seven day camp on the theme of 'Aatmnirbhar Bharat'

## **Activities of Cells/Clubs**

### **IQAC Cell**

September 2, 2023 :	Signed an MoU with Heartfulness Education Trust, Vijaywada (Andhra Pradesh) for staff & faculty training, Internships for students, leadership conclave, Inner well being workshop etc.
October 10, 2023 :	Organized a lecture in collaboration with cyber crime branch of police station kaithal on the topic 'Cyber Crime'
November 11, 2023 :	Signed an MoU with S.D Mahila Mahavidyalaya, Narwana to promote academic and cultural exchange between the two colleges.
March 16, 2024 :	Arranged a lecture on Intellectual property Right (I P R) in which the resource person was Dr. Hari Singh, HOD, Mechanical Engg. Dept. N.I.T. Kurukshetra.
April 8, 2024	A collaboration letter for Socio-cultural Outreach Initiatives was signed with an NGO-Centre for Advanced Research & Development (CARD), Bhopal (M.P).
April 16, 2024 :	Signed an MoU with Janta College Kaul for academic and cultural exchange.
April 22, 2024 :	Arranged an online national level quiz on World Earth Day in collaboration with S.D. Mahila Mahavidyalaya Narwana in which 650 students from various colleges of Uttar Pradesh, Punjab, Haryana participated.
April 27, 2024 :	Planted trees in temple and school of village Solu Majra in collaboration with N.G.O-Centre for Advanced Research and Development (CARD, Bhopal) under socio cultural outreach initiative. For this purpose board member CARD Mr. Sudhir Gullaiya joined hands with our college.

## **Red Cross Cell**

- Workshop on health awareness, acupressure, yoga, self defence was conducted on Aug 12, 2023 by Mr. Balwan Singh and Ms. Parveen of Altos Enterprises Ludhiana.
- Three students Divya, Kirti and Sanjna accompanied by Assistant Professor Ms. Lalita attended five days (7.02.2024 to 12.02.2024) State level camp at Shree Nangli Bela Ashram Bhupat wala, Haridwar. Ms. Lalita was awarded 2nd best counsellor. Our team got 2nd prize in group song and skit. Divya got 1st prize as best youth volunteer, 2nd prize in quiz and 3rd prize in speech.
- Five students accompanied by Assistant Professor Mrs. Sonia attended 5 days (19.02.2024 to 23.02.2024) district level camp at Jat College, Kaithal. Mrs. Sonia was awarded best counsellor. Kirti got 1st prize in dance, Anjali and Manpreet got 1st prize in quiz.
- Red cross Counsellor, Mrs. Saroj Bala attended one day orientation programme organised by Youth Red Cross, Kurukshetra University, Kurukshetra on March 14, 2024.

## **Election Cell**

- Oct 5, 2023 : Mrs. Sonia, Asst. Prof in political science, delivered a lecture on 'Importance of voting in democracy.'
- Oct 13 to 15, 2023 : A total of 277 students were enrolled in voting list.
- Jan 25, 2024 : Oath was taken on 'voters day.'
- Jan 25, 2024 : Organized rangoli competition on National Voters Day by Home Science department.
- March 2, 2024 : A seminar on the "Importance of voting right in democracy" was organized in collaboration with Nehru Yuva kendra, Kaithal. The main speakers of the event were Mr. Disha Mishra, Dr. Sunita Gupta and Dr. Nishi Tuli
- April 6, 2024 : Poster making competition was conducted on importance of voting by Home Science department.
- April 25, 2024: Nukkad Natak on the theme of "Importance of single vote" in college campus.

## **Women Cell**

- Sep 2, 2023 : Extension lecture by Ms. Loveleena on "Universal Human Values" in collaboration with Heartfulness Institute.
- Sep 15, 2023: Extension lecture by Dr. Viney Gupta, civil hospital, Kaithal.
- Sep 15, 2023 : Cancer Awareness rally in collaboration with Lyness Club Disha, Kaithal.
- March 7, 2024: A visit to Deewal Gramodyog Sewa Sansthan in Kurukshetra.

## **Legal Cell**

- Jan 31, 2024 : Lecture on 'Right to vote' by advocate Sh. Rajneesh.
- April 19, 2024 : Essay writing competition was organized in the college on Human Rights Female Foeticide, Awareness of Cleanliness and Sexual harassment at work place.

- April 20, 2024 : Poster making competition and slogan writing competition was organized in the college. Topic - Drug Addition & Dowry Prohibition.

### **Yoga Club**

- 12-08-2023 महाविद्यालय में एक दिवसीय स्वास्थ्य सम्बन्धी कार्यशाला आयोजित ।
- 16-03-2024 योग क्लब ने महाविद्यालय में “योग एवं स्वास्थ्य सम्बन्धी कार्यशाला व विस्तार विख्यान का आयोजन किया जिसमें मुख्यवक्ता एवं योग प्रशिक्षक की भूमिका डॉ० सुबेसिंह जी ने निभाई ।

### **Entrepreneurship/ Placement cell**

- Conducted lectures on 'How to become an able entrepreneur' to celebrate entrepreneurship day on 21-08-2023 in which Mr. Karnail Singh and Mr. Brij Lal Gandhi were resource persons.

### **Tobacco and Drug free Youth Club**

1. International day against Drug Abuse celebrated on 26th June, 2023.
2. A Lecture conducted on "Nasha Mukht Haryana, Jahan Dudh Dahi ka Khana" by Haryana State Narcotics Control Bureau, to aware students about Drug Addiction on 23-08-2023.
3. Poster making competition conducted on 22, April 2024 on the Harmful Impacts of Drug Addiction.

# Personal Achievements

## Dr Vineeta

Associate Professor, Department of English

- Hardy's Poetic Reminiscences of His Wife Emma, SHODHASAMHITA (ISSN: 2277-7067), Vol.NO. X, Issue -III (II), July - Sept 2023, pp. 1568-1573 (UGC CARE Group I Journal I.F. 6.95)
- UGC Appoved Short Term Professional Development Programme organised by IGNOU, New Delhi on "Implementation of NEP - 2020 for University and College Teachers" held from 8-16 May, 2023 and obtained A+Grade.
- Participated in UGC Sponsored One Day Online Webinar on theme "NAAC Requirements and Accreditation" on 18/07/2023, organised by HRD Centre, KUK
- Participated in UGC Sponsored One Day Online Workshop on National Education Policy -2020 on the theme "Online, ODL Education and SWAYAM & MOOCs" on 19/07/2023, organized by HRD Centre, KUK
- Presented a research paper "Vedas and Epics as Guides for Harmonious Coexistence in Nature" on 21-10-23 in One Day Interdisciplinary National Seminar, organized jointly by Haryana Sahitya and Sanskriti Academy, Panckula and CISKMV Dhand-Dadwana (Kaithal).
- Participated in NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of UGC organized by KUK from 04-12-2023 to 16-12-2023
- Chapter titled "Yoga and Meditation: A way of Life" pp. 88-91, Published in Current Issues in India, Edited by Dr. Mukesh Chahal, Dr. Pooja Rani and Dr. Sarita Bhawani Malviya, Taran Publication New Delhi, Published in sept 2023, ISBN : 978-81-19295-88-3.
- Nominated as Member of U.G. Board of Studies in English in the capacity of College Teacher Representative, Kurukshetra University, Kurukshetra w.e.f 12/02/2023 for Two Years.

## Dr. Poonam

Assistant Professor, Department of English

- Edited a book titled "Indian Literature as a Reflection of Society : Exploring Life, Culture, Ethics and Economics Realities".
- Presented a paper titled ' Women Empowerment in Sanskrit literature' in a National Seminar organized by CISKMV, Dhand - Dadwana on 21.10.2023.
- Participated in the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme of UGC organized by Kurukshetra University, Kurukshetra from 04.12.2023 to 16.12.2023.

### **Dr. Manju Bala**

Assistant Professor, Department of History.

- Participated in 4- week online faculty induction programme held from 01-12-2023 to 28-12-2023 organised by UGC-Pandit Madan Mohan Malaviya Mission Teacher Training Centre (formerly known as Human Resource Development Centre) Kurukshetra University, Kurukshetra.
- Presented a Research paper entitled 'डॉ भीमराव अंबेडकर और 21 वीं सदी के भारत की परिकल्पना' in two days ICSSR sponsored International Seminar on the theme 'Dr. B.R. Ambedkar's vision for self-reliant India of 21st century' organised by Centre for Dr. B.R. Ambedkar studies, Kurukshetra University, Kurukshetra on 21st- 22nd September 2023.
- Presented a Research paper entitled 'पर्यावरण संरक्षण: भारतीय ऐतिहासिक दृष्टिकोण' in one day National Seminar on the theme '21वीं शताब्दी में संस्कृत साहित्य के संदर्भ में पर्यावरण संरक्षण, स्त्री-सशक्तिकरण एवं चिकित्सा/ परामर्श पद्धतियों की प्रासंगिकता' organised by हरियाणा साहित्य एवं संस्कृति अकादमी, पंचकूला (हरियाणा सरकार) and Ch. Ishwar Singh Kanya Mahavidyalaya Dhand-Dadwana, Kaithal (Sanskrit Department) on 21 October, 2023.
- Paper entitled 'Preserving Our Rich Cultural Heritage' published in edited book 'Current Issues In India', Taran Publication, ISBN: 978-81-19295-88-3, PP. 138-143, September, 2023.
- Paper entitled 'वर्तमान युग में मानव, परिवार, समाज एवं विश्व के लिए वसुधैव कुटुंबकम की अवधारणा का महत्त्व' published in edited book 'India Literature as a Reflection of Society', Nirmal Publication, ISBN: 978-81-970872-5-7, PP. 212-221, 2024.
- Delivered an extension lecture on "Aatmnirbhar Bharat: A lesson From India's golden history" on 20th Feb., 2024 in seven days NSS camp (20th Feb. 2024 to 26th Feb. 2024 at Village Chandlana) organised by NSS units of C.I.S.K.M.V., Dhand-Dadwana.
- Participated in Online Multidisciplinary National Workshop on "Understanding Research Ethics, Plagiarism & Research Metrics" organized by Department of Economics & Research Committee, RKSD College, Kaithal, Haryana on 27 April, 2024.

### **Dr. Sunita Gupta**

Associate Professor, Department of Music

- Acted as a member of jury on 23rd September 2023 in a National group song competition (Bharat Vikas Parishad, Dhand)
- 24-2-23 : "Role of music in meditation was discussed in lecture during the NSS Camp at Ch. Ishwar Singh Kanya Mahavidyalaya , Dhand .
- Member of the UG Board of Studies, Music Department, K.U.K.
- 2-2-24 : Acted as member of jury at the district-level Rangotsav event organized by District Project Coordinator, Samagra Shiksha, Kaithal
- Received best nodel officer award by the District authorities on 14th National Voter's Day.



- Acted as a member of jury at the district-level Kala Utsav organized on 22-12-2023 by District Project Coordinator, Samagra Shiksha, Kaithal.
- Published a research paper titled "Prakriti aur Sangeet" in June 2023, I S B N : 978-81-931358-0-0

### **Dr. Kamlesh**

Assistant Professor, Department of Sanskrit

- डी० ए.वी० कॉलेज फॉर गर्ल्स, यमुनानगर में 16 सितम्बर 2023 में राष्ट्रीय संगोष्ठी में शोध पत्र प्रस्तुत किया।
- कुरुक्षेत्र विश्वविद्यालय, कुरुक्षेत्र में दो दिवसीय राष्ट्रीय संगोष्ठी में शोध पत्र प्रस्तुत किया (5-6 अगस्त 2023)
- हरियाणा साहित्य एवं संस्कृति अकादमी पंचकूला, हरियाणा व चौ० ईश्वर सिंह कन्या महाविद्यालय ढाण्ड में 21 अक्टूबर 2023 में एक दिवसीय अन्तर्वेष्टिक राष्ट्रीय संगोष्ठी में शोध पत्र प्रस्तुत किया।
- आर्य गर्ल्स कॉलेज, अम्बाला छावनी में एक दिवसीय अन्तर्राष्ट्रीय संगोष्ठी में शोध पत्र प्रस्तुत किया। (15 फरवरी 2023)
- Attended FDP on "Skill Re-engineering In Business Management" organized by the Andhra Loyola Institute of Engineering and Technology from 23rd to 27th May 2023.
- Attended two weeks Refresher Course in Digital Skills and Competencies for Teachers with special focus on (Moocs) and E-Content development from 9 June to 22 June 2023 organised by Amity University Haryana.
- Chapter Published entitled "वर्तमान समय में स्त्री शिक्षा संस्कृत महाकाव्यों के परिप्रेक्ष्य में in an edited book titled "Indian Literature as a Reflection of Society".
- Participated in a faculty Induction programme organized by UGC, M.M.T.T.C, K.U.K from 01.12.23 to 28.12.23.
- Participated in NEP 2020 Orientation & Sensitization Programme organized by K.U.K From 22-01-24 to 3-2-2024.
- ज्ञान गरिमा सिंधु वैज्ञानिक तथा तकनीकी शब्दावली आयोग शिक्षा मंत्रालय (उच्चतर शिक्षा, विभाग) भारत सरकार अन्तर्राष्ट्रीय पत्रिका में शोध पत्र प्रकाशित हुआ।
- Presented paper entitled वर्तमान में योग का महत्व श्रीमद् भगवत गीता के सन्दर्भ में in one day national webinar on Yoga and importance of Life on 25.8.2023 organized by Govt College, Makdona, Ujjain.

### **Dr. Nishi Tuli**

Associate Professor, Department of Commerce

- Chapter titled "E-Learning Revolution : Transforming Education in the Digital Age" Published in 'Current Issue in India' Edited by Dr. Mukesh Chahal, Dr. Pooja Rani, Dr. Sarita Blawant Malviya, Taran Publication New Delhi ISBN 978-81-19295-88-3.
- Nominated as member of UG Board of Studies in Commerce, Kurukshetra University, Kurukshetra w.e.f. 14.5.2022 for two years.

- Delivered a lecture on 'Importance of Right to Vote in Democracy' on 2.3.2024.
- Attended one day webinar on NAAC Requirements and Accreditation on July 18, 2023 organized by Kurukshetra University, Kurukshetra
- Attended one day online workshop on National Education Policy - 2020 with the focus on "Online, ODL Education and Swayam and Moocs" on 19 July, 2023 organized by Kurukshetra University, Kurukshetra.

### **Dr. Meena Rani**

Associate Professor, Department of Commerce

- Attended a National Webinar on 7 August, 2023 on "Workshop on Financial Literacy: Prosperity and Wealth" organized by Committee for Promotion of Financial Literacy, University of Delhi.
- Attended International Webinar on 28 August, 2023 on "Latest Technologies of Artificial Intelligence in Digital Marketing" organized by Research Affairs Committee, Rajdhani College, University of Delhi.

### **Mrs. Bhawna**

Assistant Professor, Department of Commerce

- Participated in National Webinar on "Workshop on Financial Literacy: Prosperity and Wealth". organized by Committee for Promotion of Financial Literacy, University of Delhi, in Collaboration With Research Affairs Committee, Rajdhani College, University of Delhi on 07th August, 2023.
- Participated in International Webinar on "Latest Technologies of Artificial Intelligence in Digital Marketing", organized by Research Affairs Committee, Rajdhani College, University of Delhi, on 28th August, 2023
- Participated in NEP 2020 Orientation & Sensitization Programme under Madan Malaviya Mission Teacher Training Programme (MN-TIP) of University Grants Commission(UGC) organized by Kurukshetra University, Kurukshetra from 18-12-2023 to 30-12-2023.
- Written a Chapter titled "Understanding the Complexity of Income Inequality in Post-Globalization India: Causes, Consequences and Policy Solutions" in an Edited Book "Indian Literature as a Reflection of Society".
- Published a paper titled "CHALLENGES FOR RURAL INSTITUTIONS IN ADOPTING NEP 2020 AND THEIR SOLUTIONS" in volume VIII, Issue IV, August, 2023 of Online Multidisciplinary International Journal of Information movement (A Peer-Reviewed Globally Recognized & Quality Refereed Online Journal of Multidisciplinary Research) which is published by N.K. Publishing.

## RELEASE OF 'RASIKA'



## AWARDS & APPRECIATION



# FAREWELL



# RETIREMENT





# NEWS ARCHIVE

### छात्राओं को आर्ट ऑफ स्पोकन इंग्लिश के विषय पर दी जानकारी

डॉ. डॉ. इश्वर सिंह कन्या महाविद्यालय में छात्राओं को आर्ट ऑफ स्पोकन इंग्लिश के विषय पर दी जानकारी। डॉ. डॉ. इश्वर सिंह कन्या महाविद्यालय में छात्राओं को आर्ट ऑफ स्पोकन इंग्लिश के विषय पर दी जानकारी।

### पूर्व छात्र मिलन समारोह अतीत की यादों को तरोताजा करने का एक अनूठा अवसर : संगीत

पूर्व छात्र मिलन समारोह अतीत की यादों को तरोताजा करने का एक अनूठा अवसर : संगीत। पूर्व छात्र मिलन समारोह अतीत की यादों को तरोताजा करने का एक अनूठा अवसर : संगीत।

### संस्कृत साहित्यिक अवसर प्रतियोगिता आयोजित

संस्कृत साहित्यिक अवसर प्रतियोगिता आयोजित। संस्कृत साहित्यिक अवसर प्रतियोगिता आयोजित।

### चौ. ईश्वर सिंह कन्या महाविद्यालय में एक दिवसीय अंतराष्ट्रीय राष्ट्रीय संगोष्ठी आयोजित

चौ. ईश्वर सिंह कन्या महाविद्यालय में एक दिवसीय अंतराष्ट्रीय राष्ट्रीय संगोष्ठी आयोजित। चौ. ईश्वर सिंह कन्या महाविद्यालय में एक दिवसीय अंतराष्ट्रीय राष्ट्रीय संगोष्ठी आयोजित।

### स्वामीन राइटिंग में आरजू ने पाया प्रथम स्थान

स्वामीन राइटिंग में आरजू ने पाया प्रथम स्थान। स्वामीन राइटिंग में आरजू ने पाया प्रथम स्थान।

### खेलों का हमारे जीवन में बहुत महत्व है: साहनी

खेलों का हमारे जीवन में बहुत महत्व है: साहनी। खेलों का हमारे जीवन में बहुत महत्व है: साहनी।

### चौ. ईश्वर सिंह कन्या महाविद्यालय में पुस्तकालयाध्यक्ष दिवस मनाया

चौ. ईश्वर सिंह कन्या महाविद्यालय में पुस्तकालयाध्यक्ष दिवस मनाया। चौ. ईश्वर सिंह कन्या महाविद्यालय में पुस्तकालयाध्यक्ष दिवस मनाया।

### एनटीसी यूनिट की ओर से पौधरोपण कार्यक्रम का आयोजन किया

एनटीसी यूनिट की ओर से पौधरोपण कार्यक्रम का आयोजन किया। एनटीसी यूनिट की ओर से पौधरोपण कार्यक्रम का आयोजन किया।

### सर्दार बल्लभभाई पटेल की जयंती पर रन फॉर यूनिटी कार्यक्रम आयोजित

सर्दार बल्लभभाई पटेल की जयंती पर रन फॉर यूनिटी कार्यक्रम आयोजित। सर्दार बल्लभभाई पटेल की जयंती पर रन फॉर यूनिटी कार्यक्रम आयोजित।

### रानी तारुबाई की जयंती पर एक दिवसीय व्याख्यान आयोजित

रानी तारुबाई की जयंती पर एक दिवसीय व्याख्यान आयोजित। रानी तारुबाई की जयंती पर एक दिवसीय व्याख्यान आयोजित।

### गोट डालना हर नागरिक की ज़िम्मेदारी और कर्तव्य : संगीता

गोट डालना हर नागरिक की ज़िम्मेदारी और कर्तव्य : संगीता। गोट डालना हर नागरिक की ज़िम्मेदारी और कर्तव्य : संगीता।

### 5 दिवसीय कैंप में कई पुरस्कार जीतने पर छात्राओं को प्राचार्य ने किया सम्मानित

5 दिवसीय कैंप में कई पुरस्कार जीतने पर छात्राओं को प्राचार्य ने किया सम्मानित। 5 दिवसीय कैंप में कई पुरस्कार जीतने पर छात्राओं को प्राचार्य ने किया सम्मानित।



Through your lens, you have immortalized countless memories, events and milestones, enriching our collective experience. Your ability to capture the moments in such a captivating and beautiful way is really admirable.

Thanks a lot **Mr. Noor** for sharing your talent with us.

### मविष्य आपके हाथ में मतदान का अधिकार पर कार्यक्रम आयोजित

मविष्य आपके हाथ में मतदान का अधिकार पर कार्यक्रम आयोजित। मविष्य आपके हाथ में मतदान का अधिकार पर कार्यक्रम आयोजित।

### कन्या महाविद्यालय में विश्व मानसिक स्वास्थ्य दिवस मनाया गया

कन्या महाविद्यालय में विश्व मानसिक स्वास्थ्य दिवस मनाया गया। कन्या महाविद्यालय में विश्व मानसिक स्वास्थ्य दिवस मनाया गया।

### चौ. ईश्वर सिंह कन्या महाविद्यालय में एक दिवसीय कैंप आयोजित

चौ. ईश्वर सिंह कन्या महाविद्यालय में एक दिवसीय कैंप आयोजित। चौ. ईश्वर सिंह कन्या महाविद्यालय में एक दिवसीय कैंप आयोजित।

### सब भाषा सप्ताह के अंतर्गत अंतरराष्ट्रीय मातृभाषा दिवस मनाया

सब भाषा सप्ताह के अंतर्गत अंतरराष्ट्रीय मातृभाषा दिवस मनाया। सब भाषा सप्ताह के अंतर्गत अंतरराष्ट्रीय मातृभाषा दिवस मनाया।

### छात्राओं ने किया सेन्सस पेपर इंडस्ट्रीज का शैक्षणिक भ्रमण

छात्राओं ने किया सेन्सस पेपर इंडस्ट्रीज का शैक्षणिक भ्रमण। छात्राओं ने किया सेन्सस पेपर इंडस्ट्रीज का शैक्षणिक भ्रमण।

### चौ. ईश्वर सिंह कन्या महाविद्यालय में कविता पाठ प्रतियोगिता आयोजित

चौ. ईश्वर सिंह कन्या महाविद्यालय में कविता पाठ प्रतियोगिता आयोजित। चौ. ईश्वर सिंह कन्या महाविद्यालय में कविता पाठ प्रतियोगिता आयोजित।

### प्रत्येक छात्रा का आत्मनिर्भर होना अति आवश्यक है : डॉ. संगीता शर्मा

प्रत्येक छात्रा का आत्मनिर्भर होना अति आवश्यक है : डॉ. संगीता शर्मा। प्रत्येक छात्रा का आत्मनिर्भर होना अति आवश्यक है : डॉ. संगीता शर्मा।

### एड क्राफ्ट कार्यशाला आयोजित

एड क्राफ्ट कार्यशाला आयोजित। एड क्राफ्ट कार्यशाला आयोजित।

### खेलकूद हमारे जीवन का महत्वपूर्ण अंग : डॉ. संगीता

खेलकूद हमारे जीवन का महत्वपूर्ण अंग : डॉ. संगीता। खेलकूद हमारे जीवन का महत्वपूर्ण अंग : डॉ. संगीता।

### चौ. ईश्वर सिंह कन्या महाविद्यालय में 7 दिवसीय एनएसएस शिविर आयोजित

चौ. ईश्वर सिंह कन्या महाविद्यालय में 7 दिवसीय एनएसएस शिविर आयोजित। चौ. ईश्वर सिंह कन्या महाविद्यालय में 7 दिवसीय एनएसएस शिविर आयोजित।

### चौधरी ईश्वर सिंह कन्या महाविद्यालय में एक दिवसीय योगशाला का आयोजन

चौधरी ईश्वर सिंह कन्या महाविद्यालय में एक दिवसीय योगशाला का आयोजन। चौधरी ईश्वर सिंह कन्या महाविद्यालय में एक दिवसीय योगशाला का आयोजन।

### स्वयं सेविकाओं को समाज के विकास में योगदान देने के लिए किया प्रेरित

स्वयं सेविकाओं को समाज के विकास में योगदान देने के लिए किया प्रेरित। स्वयं सेविकाओं को समाज के विकास में योगदान देने के लिए किया प्रेरित।

### चौधरी ईश्वर सिंह कन्या महाविद्यालय में अर्थशास्त्र विभाग एवं वाणिज्य विभाग द्वारा बौद्धिक संपदा अधिकार पर एक व्याख्यान का आयोजन

चौधरी ईश्वर सिंह कन्या महाविद्यालय में अर्थशास्त्र विभाग एवं वाणिज्य विभाग द्वारा बौद्धिक संपदा अधिकार पर एक व्याख्यान का आयोजन। चौधरी ईश्वर सिंह कन्या महाविद्यालय में अर्थशास्त्र विभाग एवं वाणिज्य विभाग द्वारा बौद्धिक संपदा अधिकार पर एक व्याख्यान का आयोजन।

### राष्ट्रीय विज्ञान दिवस के पर विज्ञान विभाग की ओर से चित्रकला प्रतियोगिता आयोजित

राष्ट्रीय विज्ञान दिवस के पर विज्ञान विभाग की ओर से चित्रकला प्रतियोगिता आयोजित। राष्ट्रीय विज्ञान दिवस के पर विज्ञान विभाग की ओर से चित्रकला प्रतियोगिता आयोजित।

### योग से हम अपने स्वास्थ्य को सुरक्षित रख सकते हैं: नूरी

योग से हम अपने स्वास्थ्य को सुरक्षित रख सकते हैं: नूरी। योग से हम अपने स्वास्थ्य को सुरक्षित रख सकते हैं: नूरी।

### सर्वप्रथम नूत्र

सर्वप्रथम नूत्र। सर्वप्रथम नूत्र।

### सर्वप्रथम नूत्र

सर्वप्रथम नूत्र। सर्वप्रथम नूत्र।

### सर्वप्रथम नूत्र

सर्वप्रथम नूत्र। सर्वप्रथम नूत्र।

### सर्वप्रथम नूत्र

सर्वप्रथम नूत्र। सर्वप्रथम नूत्र।

### सर्वप्रथम नूत्र

सर्वप्रथम नूत्र। सर्वप्रथम नूत्र।

### सर्वप्रथम नूत्र

सर्वप्रथम नूत्र। सर्वप्रथम नूत्र।

### सर्वप्रथम नूत्र

सर्वप्रथम नूत्र। सर्वप्रथम नूत्र।

### सर्वप्रथम नूत्र

सर्वप्रथम नूत्र। सर्वप्रथम नूत्र।

### सर्वप्रथम नूत्र

सर्वप्रथम नूत्र। सर्वप्रथम नूत्र।

## Magazine Committee



**Dr. Vineeta**

Department of English



**Dr. Nishi Tuli**

Department of Commerce



**Dr. Poonam**

Department of English



**Mrs. Sonia**

Department of  
Political Science

## Editorial Board

**Patron:** Dr. Sangeeta Sharma (Principal)

**Editor-in-Chief:** Dr. Vineeta



**Sitting (L to R)** - Dr. Poonam (English Section), Dr. Nishi Tuli (Commerce Section), Dr. Sangeeta Sharma (Principal), Mrs. Saroj (Science Section), Dr. Shubh Lata (Hindi Section), Dr. Kamlesh (Sanskrit Section)

**Standing (L to R) - Students Editors** : Jasmeen (English Section), Prachi (Commerce Section), Sneha (Hindi Section), Sakshi (Science Section), Rimpal (Sanskrit Section)



# चौ. ईश्वर सिंह कन्या महाविद्यालय टाण्ड-डडवाना (कैथल)

☎ 01746-295095, 93506-01845



www.ciskmvdhand.com



ciskmvdhand@gmail.com